

Fish Meat Egg and Cheese Dishes

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Fish

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General Cooking Instructions

Soups

Shellfish

Salmon

Fish Pies and Puddings

Casserole and Baked Fish

Fried and Grilled Fish

Cold Fish Dishes and Salads

BOILED FISH

Boiling is a good way of cooking large whole fish and thick cuts of white fish or salmon. Mackerel and mullet are two small fish which also taste very good when boiled.

To prepare a whole fish for boiling, wash quickly in cold water, remove the guts, scales, fins and eyes, and rub off any black skin from the inside of the fish. Thick cuts of fish need only wiping or scaling. Have sufficient water in the saucepan to cover the fish and add a tablespoonful of salt (and for white fish a teaspoonful of vinegar) to each quart of water. Draw the pan off the heat, so that the water is just off the boil, put in the fish and cook very gently for the required time. White fish is of a delicate texture and the flesh breaks up at boiling temperature, so it is really best to cook it at just under simmering point. If a deep pan is used it may be difficult to lift the fish out without breaking it; in this case, put the fish on a small plate, slip a cloth underneath and lower the fish into the pan, holding the four corners of the cloth. When ready, lift out carefully, drain and dish, garnished with parsley.

Time for cooking fish : For a large fish, allow 10 minutes to the pound and 10 minutes over. Cook small fish until the flesh is firm and will leave the bone quite clean (10 to 15 minutes).

STEAMED FISH

Prepare the fish as for boiling. Place large cuts of fish or whole fish direct in the steamer. Small fillets, or thin cutlets, will cook satisfactorily if laid on a greased plate with a tablespoonful of milk and seasoning. Cover with a lid, then lay the plate over a saucepan of boiling water or on top of the steamer.

Time for steaming : For a large fish, allow 15 minutes to each pound and 15 minutes over. Steam fillets of fish until the flesh is firm—about 20 minutes.

BAKED FISH

Weigh and wipe the fish, place in a shallow tin or earthenware dish with a little milk or water poured round, and cover with greased paper. Bake in a moderately hot oven (400° F.) until the flesh is white and firm with a creamy curd between the flakes.

Time to allow : 6 to 10 minutes to the pound and 6 to 10 minutes over according to the thickness. Thin fillets of fish will take about 15 minutes.

FILLETS OF FRIED FISH

Wipe the fish and dip in seasoned flour. Have a small quantity of fat smoking hot in the pan and place the fillets in this. Fry until lightly browned, then turn and fry the other side. Cook gently until the flesh is white and firm. Remember, fish breaks easily, so do not move it unnecessarily in the pan, and handle it carefully when dishing up.

If liked, the fillets of fish can be coated by dipping in reconstituted egg and milk and tossing in dried breadcrumbs. Press the crumbs with a knife before frying so that they do not become loose in the fat. Alternately, the fish can be coated with batter (see page 109).

GRILLED FISH

Herrings, mullet, mackerel, cod or salmon cutlets, plaice and sole are suitable fish to grill.

Wash, remove scales, score (if whole) with a sharp knife in three or four places and brush with melted fat. Place on the hot greased grid and cook rather slowly, so that the fish is

FISH

thoroughly cooked without any fear of burning. Turn once or twice, but handle the fish very carefully as the flesh breaks easily. Insert the back of the knife next to the bone to see when the fish is cooked. Serve with lemon-juice substitute and chopped parsley sprinkled over the fish.

GRILLED COD CUTLETS

Tie the cutlets, to keep them a good shape; brush with fat, place on the greased grid and grill on both sides until the fish is cooked—about 10 minutes. Salmon cutlets are grilled in the same way. Sprinkle the grilled cutlets with freshly chopped parsley, or if the fat is available, place a pat of margarine mixed with chopped parsley and lemon-juice substitute on each cutlet.

STUFFED BAKED WHOLE FISH

Small fish of $\frac{1}{2}$ to 1 lb. can be made more substantial with a good stuffing. Haddock, whiting, herrings, mackerel, bream, perch and roach are all good served this way.

Wash and clean the fish, making a slit down the abdomen and removing the inside; cut off the fins and scrape off the scales; then rinse the fish and make two gashes in the skin on each side to prevent cracking.

Stuff the body of the fish and sew up the opening. Lay in a greased dish, with a nut of fat, then brush over the fish with a little melted fat.

Bake in a moderately hot oven (400° F.), basting occasionally, for 20 to 30 minutes or until the flesh is tender.

Stuffing for Fish

4 oz. stale bread	2 teaspoonfuls anchovy
1 tablespoonful chopped	essence
parsley	1 to 2 tablespoonfuls melted fat
$\frac{1}{2}$ teaspoonful powdered herbs	Salt and pepper
	Milk

Soak the bread in hot water until soft, then squeeze as dry as possible and fork until smooth. Add the parsley, herbs, anchovy essence, melted fat, and a tablespoonful of milk or stock if necessary. The mixture should be firm enough to form a ball in the basin

SOUPS

FISH CREAM SOUP

- | | |
|----------------------|---|
| 1 cod's head | 2 stalks celery |
| 3 pints water | Bouquet garni (see Lobster |
| Small carrot | Bisque, opposite) |
| $\frac{1}{2}$ turnip | Salt and pepper |
| | $\frac{1}{2}$ pint white sauce (see p. 106) |
| $\frac{1}{2}$ onion | 1 tablespoonful chopped parsley |

Thoroughly wash the cod's head, place in a saucepan and add the water; bring slowly to the boil and skim well. Prepare and chop the vegetables and add with the bouquet garni to the cod's head and water. Add salt and simmer for about an hour. Strain, remove any flesh from the head and cut into neat pieces. Make the white sauce or re-heat it and blend with the fish stock. Season well and add the fish and chopped parsley just before serving.

SAJOR KOOL (Cabbage Soup, Indian)

- | | |
|--------------------------------|--------------------------------|
| 1 small cabbage | 1 or 2 red peppers, or paprika |
| 2 large onions | powder |
| 1 piece of garlic | 2 teaspoonfuls vinegar |
| Little fat | 1 pint shrimps |
| 1 oz. ground peanuts or peanut | 1 pint stock |
| butter | Salt |

Shred the cabbage and the onions, pound the onions and the garlic with the red peppers or paprika powder. Fry the onions in a saucepan in a little fat, add the shredded cabbage and stir well. Pour on the stock and add salt, vinegar and peanuts; cook until the cabbage is tender. Finally add the shrimps and continue cooking until the shrimps are soft.

AALSOEP (Eel Soup, Netherlands)

- | | |
|------------------------|------------------------------|
| $\frac{1}{2}$ lb. eels | Small bunch of parsley |
| 3 pints water | $1\frac{1}{2}$ oz. margarine |
| 2 oz. capers | $1\frac{1}{2}$ oz. flour |
| | Salt and pepper |

Clean the eels, cut into small pieces and boil until tender in the salted water. When cooked, remove from the water and

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add the capers and parsley to the eel stock. Bring this to the boil and continue boiling for 10 minutes. Melt the margarine, add the flour and cook over gentle heat for 2 or 3 minutes, stirring with a wooden spoon. Strain the eel stock on to this mixture, stir well until it reaches boiling point, and simmer for about 10 minutes. Add the pieces of cooked eel, season and serve.

ECONOMICAL LOBSTER BISQUE

$\frac{1}{2}$ lb. lobster shell	1 onion
$1\frac{1}{2}$ oz. margarine	Celery
2 oz. flour	Bouquet garni (3 sprigs parsley,
$\frac{1}{2}$ lb. white fish	2 of thyme, 1 of marjoram
1 quart of white stock or	and a bay leaf, tied in
water	muslin)
1 carrot	A blade of mace
1 turnip	Pepper, salt

Clean the shell and pound with the margarine until fine. Place in a saucepan to melt, add the flour and fry for a few minutes but do not brown. Skin and wipe the fish and cut into pieces. Prepare and chop the vegetables. Add the fish, vegetables, stock and bouquet garni and mace. Bring to the boil and simmer gently for half an hour. Strain and re-heat, adding a little "top of milk." Season and serve very hot.

SHELL FISH

Choose shell fish which are heavy in proportion to their size, with smooth shells free from incrustations.

To Cook Shell Fish

Place the live fish in cold water, bring very gradually to boiling point and boil for the required time.

Lobster : 20 to 40 minutes, according to size.

Crab : 15 to 30 minutes.

Prawns : About 15 minutes.

Shrimps : About 6 minutes.

Crayfish : 15 to 20 minutes.

To Prepare Crab

Break off the claws. Crack and take out the flesh with a skewer. Lay the crab on its back and look for a dark line

FISH, MEAT, EGG AND CHEESE DISHES

which outlines the lower shell. Knock inside this line with a weight and the piece will break away. Remove the body part, and pick out the brown and white meat from the body and from the shell, discarding only the feathery "dead men's fingers," the stomach (which lies like a little bag near the head) and the intestines. Wash and dry the shell.

DRESSED CRAB

- | | |
|------------------------------|-------------------------------|
| 1 boiled crab | 1 teaspoonful chopped parsley |
| 1 to 3 tablespoonfuls mock | Cayenne and salt |
| French dressing (see p. 108) | Coralline pepper |
| 2 to 3 tablespoonfuls soft | |
| breadcrumbs | |

Pick the meat from the crab and put the brown meat in one basin and the white in another. Add half the breadcrumbs to each kind of meat, together with the salad dressing. Season the meat lightly with salt and cayenne. Wash and dry the crab shell and fill with the mixture, arranging the dark meat in the centre and the light meat at either side. Garnish with chopped parsley and coralline pepper or with small cress. Lay the crab on a flat dish and place some of the small claws at the head for decoration.

To Prepare Lobster

Take off the claws and separate the tail from the body. Cut through the thin shell on the underside of the tail with a pair of scissors and lift out the tail meat whole. Remove the intestinal vein from the meat. Hold the body shell firmly with the left hand and carefully draw out the body part. The liver, lungs and stomach will remain in the shell, and as they are not edible should be removed. Break the body open and pick out the white meat from between the bones. This is some of the sweetest meat in the lobster and should always be used. Crack the claws and remove the meat with a skewer. A hen lobster may have pink lobster coral when opened. This should be used as a garnish.

Note.—If the lobster meat is to be served hot in the shell, prepare the lobster by splitting in half lengthwise.

FISH

CREAMED LOBSTER WITH RICE

1 lobster	4 oz. boiled rice
$\frac{1}{2}$ pint white sauce (see p. 106)	1 tablespoonful "top-of-milk"
About $\frac{1}{2}$ teaspoonful lemon juice substitute	if available
	Seasonings

Remove and flake the meat from lobster. Make a white sauce, using fish stock or any delicately flavoured stock with milk. Season carefully and add lemon juice substitute to sharpen the flavour and, if possible, a tablespoonful of "top-of-milk" to make the sauce creamy. Add the flaked lobster, and heat through very gently. Put a border of dry boiled rice on a hot dish, pour the creamed lobster in the centre and serve at once.

LOBSTER AU GRATIN

1 lobster	$\frac{1}{2}$ pint of milk and stock mixed
1 onion	1 oz. grated cheese
2 or 3 mushrooms, if available	Pepper and salt
1 oz. fat (short measure)	1 teaspoonful browned bread-crumbs.
1 oz. flour (short measure)	

Cut the lobster in half lengthwise, remove the meat, and divide into neat pieces. Peel and slice the mushrooms, and peel, slice and chop the onion roughly: fry both lightly in the fat. Add the flour, mix thoroughly and pour in the liquid, stirring until the sauce boils and thickens. Season, simmer for several minutes until the onion and mushrooms are tender, then add the lobster meat and a little of the grated cheese. There should be sufficient sauce to give a thick creamy mixture. Re-heat the meat in the sauce, pile into the 2 halves of the lobster shell, sprinkle with the remaining cheese and the bread-crumbs, and brown quickly under the grill or in a hot oven (450° F.) on the top shelf. Serve garnished with watercress.

LOBSTER MAYONNAISE

Pile the lobster meat neatly in a glass dish. Coat with the mayonnaise and garnish with lobster coral, if available, and with cucumber, bunches of small cress, etc. Arrange a green salad tossed in a light dressing round the dish.

FISH, MEAT, EGG AND CHEESE DISHES

SCALLOPED LOBSTER

Lobster meat	Seasoning
About $\frac{1}{2}$ pint of creamy white sauce (see p. 106)	1 tablespoonful top-of-milk.
Lemon juice substitute	4 oz. dry boiled rice
	$\frac{1}{2}$ oz. margarine, if available
Mushrooms to garnish	

Make a creamy white sauce, using half milk and half well-flavoured stock. Add the lobster meat, season, and add lemon juice substitute to taste. Stir in a little "top-of-milk" if available and re-heat gently to warm the lobster meat. Toss the dry boiled rice in the melted margarine and heat thoroughly. Pile the rice round the edge of a warm dish, forking it so that each grain is separate. Pour the hot lobster mixture into the centre and garnish with fried or grilled mushrooms.

MADRAS TARTLETS

$\frac{1}{2}$ lb. shortcrust pastry	2 tablespoonfuls chutney
1 pint shrimps	Anchovy fillets
1 gill curry sauce	Salt and pepper

Make tartlets from the shortcrust pastry, baking them "blind." Make a curry sauce (see p. 107). Prepare the shrimps, chopping any large ones, add the chutney and sauce, mix together and season. Fill the tartlets with the mixture and garnish each with a rolled anchovy fillet. Serve hot or cold.

SCALLOPS AU GRATIN

4 scallops	2 to 3 oz. grated cheese
1 oz. dripping	4 oz. rice
1 small onion	1 pint stock or water
1 oz. mushrooms	Seasoning

Cut the scallops into small pieces, chop the onion and mushrooms. Sauté the scallops, onion and mushrooms lightly in hot fat in a stewpan for about 5 minutes without colouring. Add the rice and cover with stock. Cook slowly till tender, shaking the pan from time to time to prevent sticking. Season well and stir in the cheese. Pile into a hot dish or the scallop shells.

SCALLOPED PRAWNS

About 1 doz. prawns	Knob of margarine
(depending on their size)	Salt, pepper or a little cayenne
$\frac{1}{2}$ pint of milk and water	Tarragon vinegar
1 oz. flour	Bread raspings
2 or 3 tomatoes	

FISH

Prepare the prawns and, if large, break into pieces about half an inch long. Blend the flour with a little of the milk and water, bring the rest to the boil and stir into the blended flour. Return to the saucepan, bring back to the boil and cook for a few minutes. Beat in a little margarine. Season carefully and add a little tarragon vinegar to make the sauce piquant. Add the tomatoes cut in slices and the prawns. Turn into greased scallop shells, sprinkle with browned breadcrumbs, dot with little pieces of margarine and allow to heat through and brown lightly in a hot oven or under a grill. Garnish with tomato rings and parsley.

SHELLFISH ROLLS

4 bread rolls	1 tablespoonful chopped
4 oz. tinned or fresh shell-fish	parsley
	1 dessertspoonful anchovy
$\frac{1}{2}$ pint white sauce (see p. 106)	essence
	Seasoning

Cut a thin slice from the top of each bread roll, remove the soft centre and mix with the anchovy essence until pulped. Add the shellfish flaked finely with a fork, the chopped parsley, seasoning and sufficient white sauce to form a medium consistency. Fill up the hollowed-out rolls, cover with the tops and re-heat in a moderate oven (375° F.) for 15 minutes until crisp. Serve hot.

SHRIMP BARRELS

<i>Cases :</i>	Seasoning
$1\frac{1}{2}$ lbs. potatoes	A little reconstituted egg
1 tablespoonful dried egg powder	Browned breadcrumbs
<i>Filling :</i>	
1 oz. flour	4 oz. shrimps or prawns
$\frac{1}{2}$ pint milk	Seasoning
Knob of margarine	Tarragon vinegar

Cook the potatoes, drain and sieve. Blend the egg powder with 1 tablespoonful of water only, and add to the sieved potato. Season. Form into barrel shapes, making a hollow in the centre. Brush with a little reconstituted egg and coat with breadcrumbs. Flatten one end, stand on a greased baking sheet

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and bake for 10 minutes in a moderately hot oven (about 420° F.). Meanwhile, make a white sauce with the flour and milk, adding a little margarine if possible. Season and add a little tarragon vinegar to make it slightly piquant, add the fish, re-heat and fill the potato cases. Garnish with prawns and watercress or tomatoes.

SHRIMP OVALS

½ lb. mashed seasoned potatoes	<i>To Coat :</i> Browned breadcrumbs
<i>Filling :</i>	½ dried egg reconstituted with 2 tablespoonfuls of water
2 oz. picked chopped shrimps	
½ oz. margarine	
½ oz. flour	
½ pint milk	
Seasoning	
1 teaspoonful chopped parsley	

Place the potato on a floured board and divide into 6 pieces. Form each into an egg-like shape; make a hole in the centre. Melt the margarine in a saucepan, stir in the flour smoothly add the milk gradually, and stir until boiling. Add the chopped shrimps, seasoning and parsley and place a spoonful of the mixture into the hollowed potato cases. Seal up, coat with the reconstituted egg, cover with browned breadcrumbs. Pat gently into shape and place on a greased baking sheet. Bake in a moderate oven (375° F.) for 20 minutes.

SALMON

BOILING AND STEAMING SALMON

Salmon may be boiled in slightly salted water or in a court-bouillon flavoured lightly with herbs and vegetables. The salmon should be wrapped in muslin, immersed in the water just before it reaches boiling point and allowed to simmer gently until the fish is cooked. For whole fish, allow 10 minutes to the lb. and 10 minutes over; for thick cuts, allow 13 to 15 minutes to the lb. When the salmon is cooked it should come away from the bone easily and may be tested by the insertion of a small pointed knife close to the bone.

For steaming salmon, a longer time must be allowed. Usually 20 minutes to the lb. will be sufficient.

FISH

BAKED SALMON

Either cutlets or small whole fish can be cooked in this way. Sprinkle with lemon juice substitute and season with pepper and salt. Enclose entirely with greased paper. Put into a baking dish containing about $\frac{1}{2}$ in. of water. Cook in a very moderate oven, allowing 20 to 25 minutes to the lb., according to the thickness of the fish. When the flesh comes away from the bone the salmon is cooked. Lift it carefully on to a hot dish, drain off the liquid and use it to make melted butter sauce; or if preferred, freshly chopped parsley can be added to the liquid just before it is served.

CHAUDFROID OF SALMON

Choose a thick slice of large centre-cut salmon. Steam or boil the fish and while it is hot carefully remove the outer skin and middle bone. Next day, or when quite cold, completely coat the fish with thick mayonnaise, which can be stiffened slightly by the addition of a little liquid, but nearly cold, aspic. Garnish with lettuce, cucumber, endive, radishes, chervil, tomatoes, green peas, etc.

GRILLED SALMON

Cut the salmon into slices about an inch thick and brush with melted fat. Season them and lay them on a hot greased grill. Cook gently, turning each side twice to the flame. Grill for about 15 minutes, basting with a little melted fat. Drain and serve with Hollandaise or Tartare sauce (see p. 108). Garnish with parsley, green peas and new potatoes.

FISH BOMBS

1 small tin pink salmon	A little piquant sauce
2 oz. rice	Salt and pepper
1 bay leaf	1 tablespoonful dried egg
1 tablespoonful chopped parsley	powder
	Reconstituted egg and browned
	breadcrumbs (to coat)

Cook the rice with the bay leaf in fast-boiling salted water. Meanwhile, drain the liquor from the fish and use it to reconstitute the egg. Drain the rice, removing the bay leaf, and while still hot, add to it the flaked fish, the parsley, salt, pepper and a little piquant sauce. Bind together with the reconstituted

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egg. Form into balls, brush with egg, and coat with browned breadcrumbs. Bake on a greased tin in a hot oven (450° F.) till golden brown. Serve with anchovy or tomato sauce (see p. 107).

FISH ROAST

6 to 8 oz. tinned salmon or other tinned fish	1 teaspoonful finely chopped parsley
4 oz. stale bread	1 teaspoonful piquant sauce or vinegar
A little nutmeg	
A little margarine	Salt and pepper

Soak the stale bread in water for a few minutes, then squeeze dry and fork in a bowl. Add the flaked fish, parsley, sauce, nutmeg and seasoning and mix well together, kneading with the hand to blend thoroughly. Turn on to a greased baking tin and form into a loaf. Place a few shavings of margarine on top and bake in a moderately hot oven (425° F.) for about $\frac{1}{2}$ hour, basting once or twice during the cooking. Serve hot with a good anchovy or piquant parsley sauce, or cold with salad.

PINK CREAM OF SALMON

4 oz. pink salmon	Salt and pepper
1½ gills white sauce (see p. 106)	1 gill vegetable stock
1 tablespoonful vinegar	$\frac{1}{2}$ oz. gelatine
Few drops piquant sauce	Pink colouring

Remove any skin and bones from the salmon and flake it finely. Mix the sauce with it, add the vinegar and piquant sauce, and season to taste with salt and pepper. Meanwhile dissolve the gelatine in the strained vegetable stock over a gentle heat and stir it into the salmon mixture. Colour a delicate pink with carmine or cochineal and pour into a wetted mould. When set turn out and decorate with watercress or mustard and cress. Serve with salad and potatoes.

PINK SALMON FRITTERS WITH PARSLEY SAUCE

2 oz. pink salmon	$\frac{1}{2}$ gill cold water
1 teaspoonful vinegar	2 oz. self-raising flour
4 slices bread	Frying fat
Seasonings	$\frac{1}{2}$ pint parsley sauce (see p. 106)

Flake the salmon finely, moisten with the vinegar and a little salmon liquor, season to taste and spread over 2 slices of bread.

FISH

Sandwich with the remaining 2 slices and cut each into 4 triangular pieces. Prepare the batter by blending the flour and water smoothly together, add a pinch of salt and beat well until smooth. Heat enough fat to cover a shallow frying pan, coat the triangles thinly with the batter and fry until golden brown on both sides. Drain well and serve at once with parsley sauce.

PINK SALMON OPEN TART

6 oz. short crust pastry (see p. 109)	1 tablespoonful chopped parsley $\frac{1}{2}$ pint white sauce (see p. 106)
1 small tin of pink salmon Seasonings	(Use the salmon liquor in the sauce)

Line a cooking plate with the pastry, reserving the trimmings for decoration. Bake "blind" in a hot oven (425° F.) until crisp and brown. Flake the salmon finely. Season to taste and moisten with a little of the sauce. Spread smoothly over the pastry. Decorate the top with strips of pastry arranged lattice fashion. Bake in a moderately hot oven (400° F.) for 10 minutes. Decorate with a little chopped parsley in each square and serve hot with the remaining sauce.

PINK SALMON PATE

4 oz. pink salmon	Salt and pepper
$\frac{1}{2}$ oz. margarine	$\frac{1}{2}$ gill liquor from salmon
1 tablespoonful chopped spring onion	Little milk, if necessary
1 tablespoonful chopped cooked carrot	Few drops of vinegar or lemon substitute
2 teaspoonfuls flour	2 tablespoonfuls chopped parsley
Carmine or cochineal	

Melt the margarine in a saucepan, add the chopped onion and carrot and fry gently without browning for 8 to 10 minutes. Then stir in the flour, add the salmon liquor and bring to the boil, adding a little milk if necessary to make a smooth, thick sauce. Cook for 2 to 3 minutes, then add the flaked salmon, vinegar, parsley and seasoning. Mix well, colour pale pink, and allow to cool. Use as a filling for sandwiches or salmon patties, or as a breakfast paté.

FISH, MEAT, EGG AND CHEESE DISHES

RICE AND SALMON MOULD

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|----------------------------------|-----------------------------|
| 1 small tin pink salmon | 1 dried egg (reconstituted) |
| 2 oz. dry boiled rice | $\frac{1}{2}$ lb. tomatoes |
| 2 tablespoonfuls chopped parsley | Salt and pepper |

Grease a fireproof mould or tin. Drain the fish, reserving the liquor, break up and mix with the rice and the chopped parsley. Season well. Reconstitute the egg, using some of the fish liquor to do so. Stir into the fish mixture, adding a little more of the liquor to moisten, and season well. Skin and slice the tomatoes, and place a layer in the bottom of the mould. Cover with a thick layer of the fish mixture and press well down. Add another layer of tomatoes, then fish and tomatoes in alternate layers till the mould is full. Cover with greased paper and bake in a moderate oven (425° F.) for about 1 hour. Turn out, sprinkle with browned breadcrumbs, and serve with baked tomatoes, garnished with parsley.

SALMON CHOWDER

- | | |
|--------------------------------------|---------------------------------|
| $\frac{1}{2}$ lb. pink tinned salmon | Seasonings |
| 1 onion | 1 teaspoonful vinegar |
| 1 oz. fat | $\frac{1}{2}$ oz. flour |
| $\frac{1}{2}$ lb. potatoes | 1 tablespoonful chopped parsley |
- $\frac{1}{2}$ pint cold water or stock

Chop the onion finely and fry with the fat in a saucepan until slightly brown. Peel and dice the potatoes, add to the pan with the water or stock and simmer until tender. Separate the flakes of salmon carefully and put into the pan with the vinegar. Blend the flour with the salmon liquor and stir gently into the mixture. Stir until boiling. Add the chopped parsley and cook for a further 2 to 3 minutes. Serve very hot.

SALMON AND CUCUMBER CUPS

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|--------------------------------------|-------------------|
| 1 thick cucumber | Cress |
| 1 gill tartare sauce
(see p. 108) | 1 lb. pink salmon |
| | Horseradish root |
- Pepper and salt

Cut a thick cucumber into dice. Flake 1 lb. cold cooked salmon and mix with a gill of cold tartare sauce. Fill cup glasses with alternate layers of diced cucumber and salmon

FISH

and add seasoning and a little grated horseradish root. Garnish with cress.

SALMON DARIOLES

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|---------------------------------|-----------------------------|
| 1 large tin salmon (8 oz.) | 1 dessertspoonful anchovy |
| 2 oz. stale bread | essence |
| $\frac{1}{2}$ pint milk | Pinch of nutmeg |
| 1 tablespoonful chopped parsley | 1 dried egg (reconstituted) |
| | Seasonings |

Flake the fish finely in the liquor from the tin. Steep the bread in the milk and when soft beat to a pulp; add the remaining ingredients and mix all well together. Pour into greased dariole moulds or a pudding basin and steam gently for 1 hour. Serve with anchovy or parsley sauce (see p. 106).

SALMON LOAF

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|-----------------------------|-----------------------------------|
| 1 tin pink salmon | 1 tablespoonful chopped parsley |
| 4 oz. stale bread | $\frac{1}{2}$ teacupful hot water |
| 1 dried egg (reconstituted) | Pinch of grated nutmeg |
| 1 oz. browned breadcrumbs | Seasonings |

Flake the salmon finely with a fork. Steep the bread in the hot water. When soft beat to a pulp and add to the salmon with the reconstituted egg, chopped parsley, grated nutmeg and seasonings. Grease a loaf tin, fill with the mixture and bake in a moderate oven (375° F.) for half an hour. Serve hot or cold.

SALMON MORNAV

- | | |
|---------------------------------|---|
| 1 small tin pink salmon | $\frac{1}{2}$ pint white sauce (see p. 106) |
| 1 dried egg | 2 oz. grated cheese |
| 1 tablespoonful chopped parsley | $\frac{1}{2}$ teaspoonful salt |
| | Cayenne pepper |

Blend the dried egg smoothly with 2 tablespoonfuls of the salmon liquor. Arrange the fish neatly in a greased fireproof dish. Add the reconstituted egg to the white sauce with half of the grated cheese and stir carefully until boiling. Season to taste, pour over the salmon, sprinkle the remaining grated cheese over the surface. Brown in a hot oven (425° F.) for 10 minutes. Decorate with freshly chopped parsley and serve at once.

SALMON PASTRY ENVELOPE

6 oz. shortcrust pastry	2 teaspoonfuls chopped spring onion
<i>Filling :</i>	
3 oz. pink salmon	1 teaspoonful piquant sauce
2 tablespoonfuls white sauce	Good pinch ground mace
1 tablespoonful chopped parsley	Salt and pepper

Make the shortcrust pastry in the usual way and roll into a square about $\frac{1}{2}$ in. thick and 12 in. square. Trim the edges with a sharp knife. To make the filling, flake the salmon finely, removing any skin or bone, and mix well with the other ingredients, then place it in the middle of the square of pastry. Moisten the edges and fold in the corners to the centre like an envelope. The edges should not overlap more than $\frac{1}{2}$ in. Place on a baking-sheet and bake in a hot oven (450° F.) until well browned (about half an hour). Serve hot or cold.

SALMON PIE AU GRATIN

6 oz. pink salmon	$\frac{1}{2}$ pint milk and vegetable water
$\frac{1}{2}$ lb. mixed cooked vegetables	Liquor from the salmon
1 lb. mashed potatoes	1 oz. flour
Browned breadcrumbs	A few drops vinegar or piquant sauce
A little grated cheese	
Salt, pepper, mustard	

Drain and flake the salmon and mix it with the cooked vegetables, cut into neat pieces. Make a sauce thus: blend the flour to a cream with the liquor from the salmon, add the milk and vegetable water (hot) and bring it to the boil, stirring. Add the grated cheese and vinegar or piquant sauce and season with salt and pepper, and a little mustard. Combine this sauce with the salmon and cooked vegetables, and place in a pie-dish or *au gratin* dish. Cover with mashed potatoes, well seasoned, and sprinkle the top with browned breadcrumbs. Heat through in the oven and serve very hot.

SALMON TOASTS

6 oz. pink salmon	4 rounds of toast, spread with margarine
$\frac{1}{2}$ oz. margarine	
$\frac{1}{2}$ oz. flour	A little chutney
1 gill household milk	Salt and pepper
	A little grated cheese

FISH

Melt the margarine in a saucepan, add the flour to make a roux, then stir in the milk by degrees, mixing well. Bring to the boil, still stirring, and cook for 2 to 3 minutes. Add the flaked salmon and season well, then cover and leave aside, while making the toast. Spread the toast with a little margarine and a thin layer of home-made chutney, then heat up the salmon mixture and spread it on in a thick layer. Sprinkle with cheese, brown under the grill and serve at once

SALMON SAVOURY

Small tin pink salmon	$\frac{3}{4}$ pint white sauce (see p. 106)
4 oz. spaghetti or macaroni	1 tablespoonful anchovy
Small cauliflower	essence
	1 oz. cheese

Break the macaroni or spaghetti into small pieces. Wash the cauliflower and divide into small sprigs. Cook the macaroni and cauliflower together in boiling salted water till tender. Make the white sauce, using $\frac{1}{4}$ pint milk and $\frac{1}{2}$ pint of the stock from cauliflower. Season carefully and add some anchovy essence to flavour. Flake the fish. Grease a pie-dish and place the salmon, cauliflower, macaroni and sauce in alternate layers, reserving sufficient sauce to coat the top. Sprinkle with grated cheese and brown in a hot oven (475° F.), or if all the ingredients are hot, brown under the grill.

SIMPLE SALMON SOUFFLE

3 oz. flour	1 dried egg (reconstituted)
$\frac{1}{2}$ pint milk	1 tablespoonful vinegar
1 oz. margarine	Pinch of nutmeg
1 teaspoonful salt	1 tablespoonful browned bread-
1 small tin salmon (4 oz.)	crumbs

Blend the flour to a smooth cream with the milk, put in a saucepan, add the fat and salt and stir until the mixture boils and leaves the sides of the pan clean. Flake the salmon finely, stir in the reconstituted egg, vinegar and nutmeg. Combine this mixture thoroughly with the sauce, put into a greased soufflé dish, sprinkle the top with breadcrumbs and bake in a moderate oven (375° F.) for about 20 minutes until nicely browned.

SPICED SALMON SALAD

6 oz. pink salmon (in neat pieces)	Salt and pepper
$\frac{1}{2}$ gill vinegar	Chopped parsley
Salad vegetables	<i>If Available</i>
1 teaspoonful flour	6 peppercorns
$\frac{1}{2}$ teaspoonful mustard	2 cloves
Liquor from the salmon	3 to 4 allspice berries
	A blade of mace

Choose the neatest pieces of the salmon for this dish and spread them out on a deep plate, removing any skin or bones. Put the spices and vinegar together into a saucepan, cover, bring to the boil and cook for 2 to 3 minutes. Pour over the salmon and leave till quite cold. Arrange some salad vegetables in a bowl or dish, lift the pieces of salmon out of the vinegar and lay them on the salad. Coat with a dressing made from the spiced vinegar as follows :—

Mix together 1 teaspoonful of flour and $\frac{1}{2}$ teaspoonful mustard and blend to a cream with a little of the salmon liquor. Add the strained vinegar and bring to the boil, stirring. Cook for 2 to 3 minutes, then season and add enough chopped parsley to give a good green colour. When quite cold, pour over the salmon and serve.

FISH PIES AND PUDDINGS

CURRIED COD PIE

8 oz. short-crust pastry	Piece of chopped onion
8 oz. fresh salted cod, (soaked to remove salt)	$\frac{1}{2}$ teaspoonful curry powder
$\frac{1}{2}$ oz. margarine	$\frac{1}{2}$ oz. flour
	1 gill of milk

Seasoning

Flake the cod. Melt the margarine and fry the chopped onion lightly, then add the curry powder and flour, stir in the liquid and boil for several minutes, stirring constantly. Add the flaked fish and seasoning and turn into a basin to cool. Roll the pastry into an oblong sheet barely $\frac{1}{4}$ in. thick. Spread the fish mixture on to half the pastry, damp the edges and fold over the other half of the pastry. Press lightly with the hand and mark in squares. Place on a greased baking sheet and bake in a hot oven (450° F.) for about 30 minutes, reducing the heat if necessary. Serve hot

FISH

FISH PATTIES WITH MUSTARD SAUCE

- | | |
|--------------------------------|-------------------------|
| 4 oz. cooked fish | 8 oz. shortcrust pastry |
| 2 tablespoonfuls mashed potato | (see p. 109) |
| ½ pint mustard sauce | Salt and pepper |
| (see p. 106) | |

Remove any bones and skin from the fish, flake it finely and mix with the mashed potato. Moisten with a little of the mustard sauce and add more seasoning, if necessary. Roll out the pastry thinly, cut it into squares and place a spoonful of the mixture on each square. Moisten the edges of the pastry and fold over into a triangle. Bake in a hot oven (425° F.) till crisp and golden-brown—10 to 15 minutes. Serve with vegetables and the rest of the mustard sauce.

FISH PUFFS

- | | |
|--------------------------|---------------------------------|
| 4 oz. cooked fish scraps | 1 tablespoonful chopped parsley |
| Seasonings | 1 tablespoonful piquant sauce |
| 2 oz. cooked rice | 8 oz. shortcrust pastry |
| | (see p. 109) |

Remove all bones and flake the fish finely with a fork, add the rice, parsley and sufficient sauce to form a medium consistency. Season to taste. Roll out the pastry thinly and cut into circles, pile a little mixture in the centre of each, moisten the edges and gather lightly together to enclose the mixture. Seal thoroughly and place on a slightly greased baking sheet with the sealed edges underneath. Bake in a hot oven (425° F.) for 15 minutes.

FISH TARTLETS

- | | |
|------------------------------|--------------------------------|
| ½ lb. shortcrust pastry | ½ lb. peas (cooked or tinned), |
| ½ lb. cold cooked fish | or 1 tablespoonful chopped |
| 1 tablespoonful shrimps | parsley |
| (optional) | Seasoning |
| ½ pint economical mayonnaise | Watercress |
| (see p. 108) | |

Grease 8 deep patty tins and line with pastry. Bake "blind" as for flans and allow to cool. Flake the fish finely, mix lightly with the shrimps and mayonnaise. Season well. Fill the tartlet cases with the mixture, decorate with rows of chopped parsley or a border of peas.

Arrange on a dish and garnish with watercress.

FISH, MEAT, EGG AND CHEESE DISHES

HADDOCK ROLLS

- | | |
|--|---|
| 6 oz. shortcrust pastry
(see p. 109) | 3 oz. mashed potato
1 oz. grated cheese |
| 3 oz. cooked haddock (or any
other cooked fish) | $\frac{1}{2}$ dried egg (reconstituted)
Seasonings |

Remove all bones and flake the fish finely; combine with the mashed potatoes, cheese, reconstituted egg and seasonings. Turn on to a floured board, divide into the desired number of portions and form into neat rolls. Roll out the pastry thinly and cut into the number of squares required, place a roll on one-half of each, moisten the edges, fold in half and seal all round. Bake in a hot oven (425° F.) for 15 minutes. Serve hot with a good sauce.

PILCHARD ENVELOPE

- | | |
|-----------------------------|-------------------------|
| 1 small tin of pilchards | 1 tablespoonful vinegar |
| 1 teacupful mashed potatoes | 6 oz. shortcrust pastry |
| 2 oz. grated cheese | (see p. 109) |
- Seasoning

Prepare the filling by mashing the pilchards with a fork and combining them with the potatoes, cheese and seasoning and vinegar, forming a medium soft mixture. Roll out the pastry into a square, and damp the edges. Spread out the mixture in the centre and fold the 4 corners of the square up to the centre to form an envelope shape. This may be brushed over with a little milk or reconstituted egg. Place in a baking tin and bake in a hot oven (425° F.) for 15 minutes.

BAKED FISH CHARLOTTE

- | | |
|----------------------------|---|
| 8 oz. cooked fish | $\frac{1}{2}$ pint white or anchovy sauce |
| $\frac{1}{2}$ lb. tomatoes | (see p. 106) |
| $\frac{1}{2}$ clove garlic | 4 oz. breadcrumbs, or soaked
bread |
| Salt, pepper | |

A little margarine

Flake the fish and slice the tomatoes. Crush the garlic and add to the white or anchovy sauce. Mix the flaked fish and sauce together and place in layers with the sliced tomatoes and breadcrumbs in a greased pie-dish. Season each layer with salt and pepper. Cover with a good layer of breadcrumbs and dot with margarine. Bake in a hot oven (425° to 450° F.) till heated through and golden brown on top.

FISH

BAKED FISH PANADE

- | | |
|-----------------------------|-----------------------------|
| 4 oz. cooked white fish | Salt, pepper |
| 1½ oz. flour | Knob of margarine |
| ½ pint milk | 1 dried egg (reconstituted) |
| 1 teaspoonful baking powder | |

Blend the flour with a little of the milk. Heat the rest of the milk, and when boiling pour on to the blended flour, stirring well. Return to the saucepan, bring to the boil and cook for 2 or 3 minutes. Add a knob of margarine and beat in well. Add the flaked fish and season with salt and pepper. Stir in the reconstituted dried egg and lightly fold in the baking powder. Turn into a greased pie-dish and bake immediately in a moderately hot oven (425° F.) for about 30 minutes till well risen and browned. Garnish with parsley and tomato if possible and serve at once.

DJUVETCH OF FISH (Serbian)

- | | |
|-----------------------|-------------------------------|
| ½ lb. fish | 2 lb. assorted vegetables |
| 1 oz. rice | (e.g., potatoes, carrots, |
| ½ lb. onions or leeks | beans, peas, tomatoes, cauli- |
| Little fat | flower) |
| ½ pint stock or water | Salt and pepper |

Chop the onions or leeks finely and fry them until they are soft and brown. Add the rice and fry it lightly with the onions. Prepare and cut up the assorted vegetables and add them to the rice and onion. Season and stir the mixture well and leave it cooking slowly for a few minutes. Put it in an earthenware dish, lay the slices of fish on the mixture and add the water or stock. Cover and bake in a moderate oven for about 1½ hours.

FISH CURRY

- | | |
|------------------------------|--------------------------------|
| 1 lb. coarse fish | 1 tomato |
| 2 tablespoonfuls dripping | Water |
| 1 or 2 small onions (sliced) | 1 dessertspoonful curry powder |
| A little garlic | Salt to taste |

Fry the sliced onions and garlic in dripping, in a saucepan. Put in the curry powder and salt, stir well. Add the tomato, quartered, seasoning to taste, and enough water to cover. Bring to simmering point. Skin and wipe the fish, cut into neat pieces, place in the curry mixture and simmer slowly for half an hour, taking care not to break up the flesh. Lift the pieces

FISH, MEAT, EGG AND CHEESE DISHES

on to a hot dish, pour over the sauce and serve very hot with dry boiled rice handed separately.

FISH PIE

About 1 lb. flaked cooked white fish	1 oz. flour
1 oz. margarine	1 tablespoonful chopped parsley
2 teaspoonfuls chopped onion or leek	2 to 3 tablespoonfuls grated cheese
$\frac{1}{2}$ pint household milk and fish stock or water mixed	A few drops of vinegar or piquant sauce
Salt, pepper, mustard and cayenne	Anchovy sauce if liked
	2 lb. creamy mashed potatoes

Melt the margarine in a saucepan and fry the onion or leek for a few minutes without browning it. Stir in the flour, then add the liquid by degrees and bring to the boil, stirring. Cook for two or three minutes, stirring and beating with a wooden spoon to make it smooth and glossy. Add salt, pepper and mustard and a dash of cayenne, if you like it, then stir in the chopped parsley, grated cheese and a few drops of vinegar or piquant sauce. A little anchovy essence can go in as well, if liked, in which case less salt should be added.

Add the fish, re-heat and pour into a fireproof pie-dish or casserole. Cover with a thick layer of creamy mashed potatoes, well seasoned and beaten until smooth. Before serving, brown off in the oven or under the grill, and be sure it is very hot.

If you have them, a few sliced tomatoes or fried mushrooms could be mixed with the fish. Otherwise a little tomato purée or mushroom ketchup could be added to the sauce.

FISH PUDDING

6 to 8 oz. cooked white fish	1 dried egg, reconstituted
4 oz. mashed potatoes	A little milk, if necessary
$1\frac{1}{2}$ oz. breadcrumbs	$\frac{1}{2}$ pint curry sauce (see p. 107)
1 teaspoonful chopped parsley	Seasoning

Flake the fish, carefully removing all bones and thick skin, and mix it with the potatoes and breadcrumbs. Add the chopped parsley and the dried egg, and moisten with a little milk or sauce, until it is of a stiff dropping consistency. Season well with salt and pepper and turn into a greased basin. Cover with

FISH

greased paper and steam about one hour. Turn out carefully and serve with the remainder of the sauce.

HADDOCK PUDDING

- | | |
|---|---------------------------------|
| 1 lb. cooked haddock | 1 tablespoonful chopped parsley |
| $\frac{1}{2}$ lb. cooked whole potatoes | $\frac{1}{2}$ pint milk |
| Pinch of powdered mace or nutmeg | 2 dried eggs (reconstituted) |
| | Seasoning |

Flake the fish and slice the potatoes thinly. Mix with the mace or nutmeg, seasoning and chopped parsley. Add the milk to the reconstituted eggs and pour on to the fish and potato mixture. Turn into a greased basin, cover and steam very gently for about 1 hour or until firm. Turn out and coat with parsley or anchovy sauce.

HERRING PIE

- | | |
|--------------------------|---|
| 1 lb. herrings | 1 cupful cooked peas |
| 1 cupful mashed potatoes | 1 tablespoonful hot milk |
| Seasoning | $\frac{1}{2}$ pint white sauce (see p. 106) |

Wash and bone the herrings, season and roll up with the skin side outside. Bake in a covered fireproof dish in a moderate oven (375° F.) for half an hour. Add the peas to the white sauce, and pour over the fillets. Beat the hot milk into the potato and spread over the top to form a crust. Roughen the top decoratively with a fork, and brown in a hot oven (450° F.) for 15 minutes.

Note.—The fat extracted from the herrings may be used in making the sauce.

SAVOURY COD

- | | |
|--|-----------------|
| $\frac{1}{2}$ lb. cod, or any white fish | 1 oz. margarine |
| 2 oz. rice | 1 lb. tomatoes |
| 1 gill fish stock | Seasoning |
| 1 gill milk | Chopped parsley |

A little lemon juice substitute

Simmer the rice in the stock and milk till tender and until the liquid is absorbed. Add the margarine, the fish (finely flaked), seasonings, lemon-juice substitute. Keep hot. Slice half the tomatoes in a pan with salt and pepper and simmer till soft. Rub through a hair sieve. Cut the remaining tomatoes into halves and grill.

FISH, MEAT, EGG AND CHEESE DISHES

Pile the fish mixture in the centre of a hot dish. Pour the tomato purée around. Garnish with the grilled tomatoes and lines of chopped parsley.

SAVOURY FISH SOUFFLE

1 oz. semolina	Seasoning
$\frac{1}{2}$ pint household milk, or	1 dried egg (reconstituted)
$\frac{1}{2}$ pint milk and $\frac{1}{2}$ pint	1 teaspoonful baking powder
fish stock	1 oz. grated cheese
8 oz. white fish (cooked)	$\frac{1}{2}$ lb. tomatoes (optional)

Sprinkle the semolina into boiling milk and stir well until cooked (about 8 to 10 minutes after coming to the boil). Flake the fish and fold it into the mixture, together with the seasoning and reconstituted egg. Lastly, stir in the baking powder. Place sliced tomatoes in a greased fireproof dish or pie-dish. Pour the semolina and fish mixture on top, cover with the grated cheese and bake in a moderately hot oven (425° F.) for 20 to 30 minutes until well risen and golden brown. Serve at once.

CASSEROLE AND BAKED FISH DISHES

FISH HOT POT

$\frac{1}{2}$ lb. white fish, or cooked	4 oz. fat bacon
salt cod	Paprika pepper
1 onion	Salt
	1 lb. potatoes

Chop the onion and cut the bacon into small pieces. Fry together in a saucepan till a pale golden brown and almost cooked (there should be sufficient fat in the bacon). Add pepper and salt to taste. Cut the potatoes into slices and place in the pan. Barely cover with water. Stew gently till the potatoes are almost tender. Place the fish, cut into fairly large pieces on top of the potatoes. Cover and cook till tender. Serve hot with the fish laid on the bed of onions, bacon and potatoes.

FISH LAYER CASSEROLE

1 lb. white fish	1 oz. grated cheese
1 lb. marrow	$\frac{1}{2}$ oz. margarine
1 lb. potatoes	$\frac{1}{2}$ gill milk (Household)
2 to 3 stalks celery	Salt and pepper

Brown breadcrumbs

FISH

Prepare the fish by removing the bones and cutting into fairly thin slices. Peel the marrow, remove the seeds and cut it into sections. Wash and peel the potatoes.

Take a deep casserole, rub it round with margarine and put a layer of sliced marrow and grated potato and celery in the bottom. Cover with half the fish, sprinkle with salt and pepper, then cover with a layer of grated cheese. Next put another layer of the vegetables, the rest of the fish, more seasoning and the milk. Finally, cover with the remainder of the grated cheese and the vegetables, sprinkling the top with browned breadcrumbs. Cook in a moderate oven (375° F.) for $\frac{1}{2}$ to 1 hour until it is tender when tested with a skewer. Serve hot.

FISH AND LENTIL CASSEROLE

$\frac{1}{2}$ lb. lentils	1 lb. potatoes
1 tablespoonful chutney	$\frac{1}{2}$ pint milk and water
$\frac{1}{2}$ lb. coarse fish	Seasoning
1 onion	

Wash and steep the lentils overnight. Clean, skin and bone the fish, cut into neat portions. Peel and slice the onion and potatoes thinly. Cover the bottom of a greased casserole with half the sliced potatoes. Then add the lentils, fish, onion, chutney and seasonings; pour over enough milk and water to cover, finally add the remaining slices of potato. Cover with a lid. Cook in a moderate oven (375° F.) for about three-quarters of an hour, until the vegetables are tender. Remove the lid and brown the potatoes for 15 minutes before serving.

NEPTUNE CASSEROLE

$\frac{1}{2}$ lb. white fish	1 tablespoonful chopped parsley
1 onion	$\frac{1}{2}$ lb. tomatoes (tinned or fresh)
1 oz. fat	Seasoning
$\frac{1}{2}$ pint stock or water	

Peel and slice the onion. Heat the fat in the casserole and sauté the onion until slightly browned. Wipe the fish, cut into neat portions and add with seasonings, stock or water to the onion. Cover and cook gently in a moderate oven (375° F.) for about 20 minutes. Add the tomatoes (sliced if fresh) and cook for a further 10 minutes, until the fish and vegetables are cooked. Sprinkle the parsley over the surface and serve hot.

SPRING CASSEROLE OF FISH

- | | |
|--------------------------------------|--|
| ½ lb. white fish (fillets or steaks) | Sprig of thyme (chopped) |
| 6 young carrots | 2 tablespoonfuls tomato sauce or purée |
| 2 small onions or leeks | 1 oz. margarine |
| 1 tablespoonful chopped parsley | ½ pint vegetable or fish stock |

Prepare the carrots and leave whole if small. Prepare and slice the onions or leeks. Melt the margarine in a pan and fry the vegetables until slightly brown, stir in the herbs, tomato sauce and stock. Pour into a greased pie-dish or casserole.

Prepare the fish according to kind, season well and lay on the bed of vegetables. Cover with a margarine paper or lid and bake for 30 minutes in a moderate oven (375° F.) until the carrots and fish are tender. Serve in the dish.

BAKED FISH CUSTARD

- | | |
|------------------------------|-------------|
| 2 fillets of fish | Seasoning |
| 2 dried eggs (reconstituted) | ½ pint milk |
| Nutmeg | |

Skin and wipe the fish and cut each fillet in half lengthways. Coil up and place in a greased fireproof dish. Stir the milk into the reconstituted eggs; season to taste and pour over the fish. Grate a little nutmeg on the top. Bake in a moderate oven (375° F.) for 30 minutes or until set.

BAKED SAVOURY HADDOCKS

- | | |
|---------------------------------|-----------------------------|
| 4 haddock fillets | 3 tomatoes |
| 1 onion | 1 oz. margarine or dripping |
| 1 tablespoonful chopped parsley | Seasoning |
| | Browned breadcrumbs |

Skin and wipe the fillets of haddock. Sprinkle with a little salt and pepper, fold in half and place in a greased fireproof dish. Peel and chop the onion finely, and fry until lightly brown in half the fat. Place the tomatoes in boiling water for 1 minute and remove the skins, slice neatly and add to the onion. Cover with a lid and cook slowly until tender. Season to taste and spread over the fish fillets, sprinkle with the breadcrumbs and add the remaining fat in small pats. Bake

FISH

in a moderate oven (375° F.) for about 25 minutes. Garnish with the chopped parsley.

BAKED STUFFED COD WITH BACON

2 cod cutlets	Seasoning
4 tablespoonfuls breadcrumbs	About $\frac{1}{2}$ oz. dripping
Pinch of mixed herbs	1 or 2 thin rashers fat bacon
1 tablespoonful chopped parsley	

Mix the breadcrumbs, parsley, herbs and seasoning together and rub in the dripping with the tips of the fingers. Mix with a tablespoonful of stock. Remove centre bones from cod cutlets and lay on a greased tin. Fill the centre with the stuffing. Remove the rind from the bacon, flatten the rashers with a knife and lay over the cutlets. Bake in a moderately hot oven (400° F.) until the fish is cooked, about 30 minutes.

BAKED STUFFED FILLETS

4 fillets of white fish	<i>Stuffing :</i>
1 rasher bacon	4 oz. well-mashed potatoes
2 oz. mushrooms	1 tablespoonful parsley (chopped)
	1 tablespoonful dried egg
	Salt and pepper

Prepare and wash the fillets and sprinkle with salt and pepper. Lay flat in a greased casserole or on a greased tin. Mix together the ingredients for the stuffing, which should be of a fairly stiff consistency. Divide into 4 portions and place on the fillets. Skin the mushrooms and cut into slices; chop the bacon, mix together, season and sprinkle over the stuffing. Cover with a lid or a greased paper and bake in a moderately hot oven (400° F.). Serve with tomato sauce, handed separately.

COD, MACARONI AND TOMATOES AU GRATIN

8 oz. cod	2 tomatoes
4 oz. macaroni	2 oz. grated cheese
1 oz. margarine	1 oz. flour
$\frac{1}{2}$ pint macaroni water and milk	Seasonings

FISH, MEAT, EGG AND CHEESE DISHES

Cook the macaroni until tender in boiling salted water. Wash, skin and bone the cod and steam between 2 plates over the macaroni for 10 to 15 minutes. Drain the macaroni and flake the fish; keep warm.

Make a sauce with the fat, liquid and flour. Add half of the grated cheese, the fish and seasonings to the sauce. Arrange the cooked macaroni around the edge of a fireproof dish and place the fish mixture in the centre. Garnish with the tomatoes cut in slices and sprinkle the remaining cheese over the top. Place in a hot oven (425° F.) or under the grill for 10 minutes until brown.

CREAMED FISH AU GRATIN

$\frac{1}{2}$ lb. white fish	1 small onion
1 lb. boiled potatoes	Bunch of herbs
$\frac{1}{2}$ pint household milk	2 tomatoes (or a little tomato
$\frac{1}{2}$ pint water	sauce or ketchup)
1 oz. margarine	2 to 3 oz. cheese
1 oz. flour	Salt and pepper
Chopped parsley	

Place the fish in a saucepan with the water, milk, sliced onion, herbs (tied in muslin), and salt and pepper, and simmer gently for 10 to 15 minutes or until the fish is cooked. Lift out the fish, remove any bones and thick skin, and place in flakes in a fireproof dish lined with a layer of the sliced boiled potatoes. Skin and slice the tomatoes and arrange in a layer on the fish, sprinkling with salt and pepper.

Melt the margarine and add the flour to make a roux. Add the liquor in which the fish was cooked and bring to the boil, stirring continuously. Boil for 2 to 3 minutes. Then add half the cheese, season with salt and pepper and pour over the fish. Sprinkle with the remainder of the cheese and place in a moderate oven to heat through and brown the top. Before serving, garnish with chopped parsley.

SMOKED FILLET FROMAGE

1 lb. smoked fillet	$\frac{1}{2}$ pint milk
1 oz. flour	$\frac{1}{2}$ oz. margarine
2 to 3 oz. grated cheese	Seasonings

FISH

Wash and dry the fish and stew for 10 to 15 minutes in the milk and margarine. Blend the flour to a smooth cream with a little water. Remove the fish from the pan and place to keep hot in a fireproof dish. Stir the blended flour and seasoning into the milk and bring to the boil, stirring continuously. Pour over the fish and sprinkle the top thickly with grated cheese. Brown for 10 minutes in a hot oven (450° F.) or under the grill.

FISH AND MUSHROOM ROLLS

1 lb. fillets of fish	1 dried egg
<i>Stuffing :</i>	2 tablespoonfuls parsley (finely
4 oz. mashed potatoes	chopped)
2 oz. mushrooms	1 oz. margarine
1 small onion	Seasoning
½ pint white coating sauce	A little lemon substitute
(see p. 106)	

Prepare the mushrooms and onions and chop finely. Melt the margarine in a pan and fry the onion and mushroom mixture lightly for about 5 minutes. Add to the mashed potatoes with the parsley and seasonings and leave till quite cold. Wash, dry and skin the fillets of fish, spread some stuffing on each one and roll up. Pack closely into a greased fireproof dish, cover with a margarine paper and bake in a moderately hot oven (400° F.) for 15 to 20 minutes till the fish is tender. Make the white sauce, cool slightly and add a little lemon substitute and the dried egg. Re-cook without boiling. Coat with the sauce and serve at once.

SARDINE SALAD

1 tin sardines or pilchards	1 small crisp cabbage
½ cupful salad dressing	Mustard and cress
(see p. 108)	Mixture of cooked vegetables
3 potatoes cooked in their jackets	1 tablespoonful chopped parsley

Drain the sardines and beat a little oil from them into the salad dressing. Peel and dice the potatoes, coat with dressing and pile in the centre of a salad bowl. Place the sardines star

Flip the crab on its back and open up by removing the claws and the body



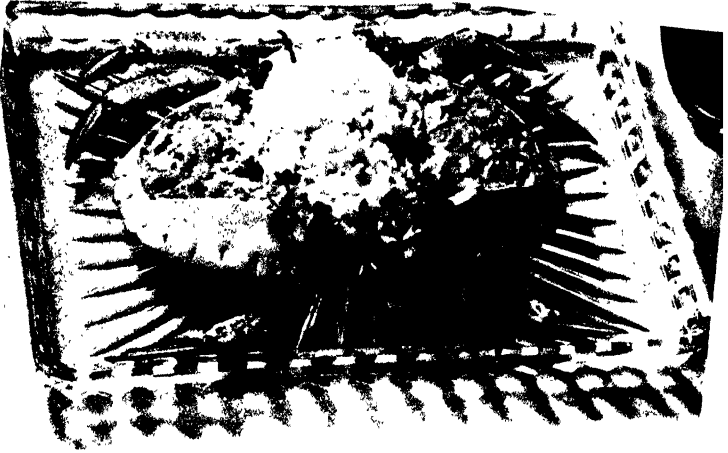
Remove the stomach bag which lies near the head



Remove the "dead man's fingers" and the intestines



The finished dish (see page 8)



Preparing a Dressed Crab



*Crack the claws
with mallets, or
a mallet, and
take out
the white part*



A whole fish, stuffed and served with meat balls. (For instructions, see page 5)

Roll Mops, very simple to make, are one of the best ways of serving herrings or mackerel cold. (see page 33)



FISH

POTATO FLAN WITH FISH

- | | |
|--|---|
| 1 lb. sieved or finely mashed potatoes | 2 dried eggs (reconstituted)
½ pint milk and water |
| A little margarine | About 8 oz. cooked white fish |
| Salt, pepper | Pinch nutmeg |
| 1 tablespoonful chopped parsley | |

Sieve or mash the potatoes while still hot. Add a knob of margarine, season with salt and pepper and beat till creamy. Shape into a round of about 7 in. diameter, making an edge 1 to 1½ inches high and place on a greased baking sheet. Brush with a little of the reconstituted egg and mark with a fork. Mix together the reconstituted eggs and milk and water. Pour on to the flaked fish, season well and add the nutmeg and chopped parsley. Pour into the potato case and bake in a moderately hot oven (400° F.) till set and lightly browned.

SCALLOPED SALT COD

- | | |
|---------------------------------|---------------------------------|
| 4 oz. cooked salt cod | 1 tablespoonful chopped pickles |
| 4 oz. diced cooked potatoes | Browned breadcrumbs |
| ½ pint white sauce (see p. 106) | 1 oz. margarine |
| 1 tablespoonful vinegar | 4 or 5 stalks celery |
| A little tarragon vinegar | 1 tablespoonful chopped parsley |
| Pepper to taste | |

Add the chopped pickles and the vinegars to the white sauce to make it piquant. Add pepper but no salt. Mash the cod finely and add it to the piquant sauce, beating well. Fold in the diced cooked potatoes and turn the mixture into greased scallop shells. Sprinkle with browned breadcrumbs and dot with small pieces of margarine. Place in a moderate oven, (400° F.) for 10 to 15 minutes to heat through and brown the top.

Meanwhile wash the celery and cut into ½ to 1 inch lengths. Cook in a very little boiling salted water till tender. Drain, and add a small knob of margarine and the chopped parsley. Shake the pan to distribute the fat and parsley evenly. Serve the hot scalloped cod with a border of the prepared celery.

ROLL MOPS

- | | |
|---------------------|----------------------------|
| 4 herrings | 2 cloves |
| 4 black peppercorns | Salt and pepper |
| 1 bay leaf | Vinegar and water to cover |

FISH, MEAT, EGG AND CHEESE DISHES

Wash and clean the herrings thoroughly. Trim off the head and fins, and remove the backbone. Season with salt and pepper and roll up, skin side out. Put them in a pie-dish close together so that they do not unroll. Add the peppercorns, bay-leaf and cloves, together with sufficient vinegar and water in equal proportions to cover the fish. Cover the dish with grease-proof paper and bake in a moderate oven for three-quarters of an hour. Lift the fish on to a hot dish and strain the liquid over, or serve cold in the liquor.

FRIED AND GRILLED FISH DISHES

COD'S ROE ANCHOIS

- | | |
|---------------------------|----------------------------------|
| 1 lb. cod's roe | 4 tablespoonfuls browned . |
| 2 tablespoonfuls seasoned | breadcrumbs |
| flour | Dripping for frying |
| 1 tablespoonful dried egg | $\frac{1}{2}$ pint anchovy sauce |
| 4 tablespoonfuls water | (see p. 106) |

Wash the roe and put in a pan with sufficient cold water to cover. Bring slowly to the boil and simmer for half an hour. When cold, cut into neat pieces and shake in the seasoned flour. Mix the dried egg smoothly with the water and dip each piece of roe into it, drain well and coat with browned breadcrumbs. Fry until golden brown and crisp. Drain well. Dish up and serve very hot with anchovy sauce.

ECONOMICAL FISH CAKES

- | | |
|---|--------------------------------|
| 2 cupfuls of mashed potatoes | 1 tablespoonful finely chopped |
| $\frac{1}{2}$ lb. of cooked flaked salt | parsley |
| cod, or other fish | $\frac{1}{2}$ oz. margarine |
| 2 teaspoonfuls anchovy | Pepper |
| essence | |

Mash the potatoes very finely, add the melted margarine and beat until really smooth. Flavour with anchovy essence, then add the flaked fish, chopped parsley and seasoning. Turn on to a floured board and form into flat cakes. Coat with flour and fry in shallow fat or place in a greased tin, brush with milk and bake in a hot oven (450° F.) for 15 minutes. Serve with a good sauce.

FISH

FISH CAKES WITH MUSTARD SAUCE

½ lb. cooked fish	1 tablespoonful flour
About 1 lb. mashed potatoes	½ gill of fish stock
2 teaspoonfuls chopped parsley	Salt and pepper
	Knob of margarine
½ gill of household milk	1 teaspoonful mustard

A few drops of vinegar

For the sauce, blend the flour with the household milk, add the fish stock and bring to the boil, stirring. Cook for 2 or 3 minutes, then season with salt and pepper and beat in the knob of margarine and the mustard blended with a few drops of vinegar. Mix well and cool slightly.

Mash the potatoes, rubbing them through a sieve if necessary, and mix them with the flaked fish and chopped parsley. Bind with the mustard sauce, adding more seasoning if required. Then spread the mixture on a plate and allow to cool. Divide into 6 or 8 portions and shape into flat cakes or croquettes. Dust with flour and fry in a little hot fat until well browned and crisp on both sides, or coat with browned crumbs and heat through in a moderate oven. Serve with parsley sauce if liked.

FISH AND RICE PANCAKE

4 oz. flour	2 oz. cooked rice
2 dried eggs (reconstituted)	1 tablespoonful chopped parsley
½ pint milk and water	Salt and pepper
4 oz. cooked fish	1 teaspoonful baking powder

Make a batter in the usual way with the flour, eggs and milk. Add the flaked fish, the rice, chopped parsley and seasoning of salt and pepper. Lightly fold in the baking powder. Heat a little fat in an omelette pan or small frying pan till a faint blue smoke rises from the surface. Pour in a thin layer of the pancake mixture and cook till set and lightly browned underneath. Turn or toss, and allow to cook on the other side, fold. Cook the rest of the mixture in the same way. Serve piping hot with tomatoes or a good tomato sauce.

FRIED FISH DUMPLINGS

½ lb. white fish (cooked and free from skin and bone)	2 teaspoonfuls flour
	1 dried egg
½ teaspoonful anchovy essence or piquant sauce	Seasoning
	½ pint coating batter (see p. 109)

FISH

in the pan and stir over gentle heat till lightly scrambled. Pile on to the hot potato platters and garnish with watercress.

FISH AND POTATO SCALLOPS

4 oz. cooked white fish	Small piece of margarine
2 large cooked potatoes	1 tablespoonful chopped parsley
$\frac{1}{2}$ oz. flour	$\frac{1}{2}$ teaspoonful lemon juice
Pepper and salt	substitute
$\frac{1}{2}$ pint milk and fish stock	Browned breadcrumbs

Flake the fish, dice the potatoes, and leave aside. Blend flour with a little milk, heat remaining milk, add the blended flour and stir until boiling, then add the margarine and seasoning and simmer for several minutes. Add parsley and lemon juice substitute. Put a spoonful of sauce into each scallop shell. Half-fill with the fish and potatoes, cover with remaining sauce. Sprinkle the top with browned crumbs and a few pats of margarine. Place for a few minutes under the grill to brown or in the top of a hot oven.

SCALLOPED FISH AND TOMATOES

$\frac{1}{2}$ to $\frac{3}{4}$ lb. white fish	Seasoning
2 or 3 tomatoes	Soft breadcrumbs
A short $\frac{1}{2}$ pint white sauce	Knob of margarine
(see p. 106)	

Cook fish, divide into large flakes and keep hot, slice tomatoes thinly, lay on a fireproof dish and place under grill to cook. Lay the fish over the tomatoes, season, and coat with a well-flavoured sauce made from the fish boilings and milk. Sprinkle with crumbs, put a few shavings of margarine on top, brown under grill.

Note.—If the dish is reheated in the oven, use raw tomatoes.

SARDINE FINGERS

1 tin sardines	Fried sippets of bread (fried in
1 oz. melted margarine	the sardine oil)
1 oz. grated cheese	Red pepper
Seasoning	Chopped parsley

Open the tin of sardines carefully so that the fish remains whole. Drain off the oil. Remove tails from the fish. Dip each fish in the melted margarine and then in the grated cheese. Place one on each sippet of bread. Brown quickly under the

FISH, MEAT, EGG AND CHEESE DISHES

grill, decorate with red pepper and chopped parsley alternately. Eat hot or cold.

These make an excellent buffet supper snack.

SARDINE SAVOURIES

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|-------------------------------------|---|
| 2 to 3 large cooked potatoes | Coralline pepper |
| A little cooking fat or
dripping | Pepper and salt |
| 1 tin sardines | 1 teaspoonful parsley (finely
chopped) |
| 1 teaspoonful margarine | |

Cut the potatoes into fairly thick slices and sauté in very little fat. Meanwhile mash the sardines with the seasonings and heat through in a saucepan with a knob of margarine. Pile on to the sautéed potatoes neatly and decorate with finely chopped parsley and coralline pepper. Serve on watercress.

COLD FISH DISHES AND SALADS

CELERY AND FISH COCKTAILS

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|--|--|
| <i>Cocktail Sauce :</i> | 2 teaspoonfuls sharp sauce |
| 4 tablespoonfuls tomato sauce | (Worcestershire type) |
| 4 tablespoonfuls creamy white
sauce, synthetic cream or
mayonnaise | A few drops tabasco sauce
1 or 2 teaspoonfuls lemon
juice substitute |

- | | |
|---|--|
| About 1½ cupfuls of cooked
white fish, lobster or crab
meat, prawns, etc. | Half a small head of celery
Small cress |
|---|--|

Divide the fish into neat pieces, dice the celery, mix with the sauce and pile in individual glasses. Garnish with small cress, chill and serve.

TRICORNE TASTIES

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|---|---|
| 4 oz. shortcrust pastry
(see p. 109) | 3 oz. salt cod
3 to 4 tablespoonfuls thick
white sauce (see p. 106) |
| ½ tablespoonful piquant sauce | |
| Pepper to taste | 1 tablespoonful chopped parsley |

Prepare and cook the fish and mash finely. Moisten with the white sauce and add the chopped parsley, pepper, and the piquant sauce. Roll out the pastry to about ¼ inch in thickness and cut into rounds with a pastry cutter. Place a teaspoonful of the filling in the centre of each round, wet the edges and fold up over the filling to form tricornes. Place on a baking-

FISH

sheet and bake in a hot oven (450° F.) for 10 to 15 minutes. Serve hot or cold.

HERRING, RICE AND TOMATO SALAD

- | | |
|------------------------------------|---------------------------------------|
| 4 baked fresh herrings
(rolled) | 1 onion (finely chopped)
Seasoning |
| 3 tomatoes | Watercress |
| 1 breakfastcupful boiled rice | Salad dressing |

Bake the herrings and when cooked collect any fat that has come from them. Pile the rice neatly in a salad dish and arrange the herrings around the base. Slice the tomatoes thinly and place with the chopped onion in a dressing prepared from the herring fat, mixed with half as much vinegar and seasoned to taste. Arrange the tomatoes decoratively over the top of the rice and garnish with watercress.

PRAWN DARIOLES

- | | |
|--|---|
| 2 teaspoonfuls gelatine
(small measure) | About 1 doz. prawns
Watercress or cooked green |
| ½ pint economical mayonnaise
(see p. 108) | peas, parsley and tomatoes
to garnish |
| ½ tablespoonful chopped
parsley | |

Dissolve the gelatine in about 2 tablespoonfuls of hot water. Pour slowly into the mayonnaise, stirring well. Add the chopped parsley and the prawns, cut up. Stir well, and when just showing signs of setting pour into dariole moulds. When set, dip into warm water and turn out on to a bed of watercress or green peas. Garnish with tomato and parsley.

SARDINE TOASTS

- | | |
|-----------------------|------------------------------|
| 1 tin sardines | Seasoning |
| 2 oz. oatmeal | 1 tablespoonful tomato sauce |
| ½ pint water or stock | 4 slices of bread |

Cook the oatmeal in the water or stock till tender and the water is absorbed. Mash the sardines, using all the oil; add them to the oatmeal, season thoroughly, flavour with sauce. Toast the bread and cut into fingers. Place a little sardine mixture on each finger, smooth with a wetted knife. Garnish with chopped parsley or coralline pepper.

Eat hot or cold.

SAVOURY MEAT DISHES

RATIONED

Beef
Mutton
Pork
Veal
Bacon
Oddments

UNRATIONED

Sausage
Offal, Rabbits, etc.

BEEF

BEEF OLIVES WITH POTATO STUFFING

½ lb. beef steak	<i>Stuffing :</i>
About 6 shallots or 2 onions	½ lb. mashed potatoes
½ lb. carrots	2 tablespoonfuls of dried egg powder
Small piece of turnip	1 tablespoonful chopped parsley
3 tomatoes	Pinch of mixed herbs
½ pint stock	Salt and pepper
A little fat for frying	
1 oz. flour blended with cold water	
Gravy browning	

Mix together the ingredients for the stuffing. Slice the meat thinly into pieces about 2 inches by 3 inches. Place a little of the stuffing in the centre of each slice of meat, roll up and tie round with string. Fry lightly in a little dripping. Prepare the vegetables, leaving the shallots whole and shaping the carrots and turnips neatly. Put the vegetables into a casserole, season and place the meat rolls on top. Pour in a little stock. Place the lid on the casserole and cook in a moderate oven (375° F.) for about 2 hours. Thicken the stock with a little flour blended to a smooth paste with cold water. Add a little gravy browning if necessary.

BEEF AND LENTIL STEW

½ lb. stewing steak	½ lb. onions
½ lb. lentils	½ lb. potatoes
½ lb. mixed root vegetables	Seasoning
	Water as required

MEAT

Wash the lentils, cover with water in a saucepan, bring to boil and cook gently for 5 minutes. Wipe and cut up meat. Prepare and dice all the vegetables except the potatoes. Arrange the meat in a casserole, cover with the lentils and water, add the root vegetables, season carefully. Slice the potatoes and arrange on top, sprinkle with salt; add water to come quite half-way up the dish. Bake in a moderate oven for 2 hours or till tender.

BROWN STEW

$\frac{1}{4}$ to 1 lb. stewing steak	2 or 3 carrots
1 onion or leek	A piece of turnip
1 tablespoonful dripping	A stalk of celery
1 oz. flour	A bouquet garni
1 pint of stock or water	Seasoning

If available, add mushrooms, tomatoes, or a cupful of cooked beans.

Wipe meat and cut in several pieces. Skin the onion and cut into thin rings, peel and slice the carrots and turnip, dice the celery. Make the dripping smoking hot in a saucepan. Put 2 or 3 pieces of meat in the hot fat, fry quickly until lightly brown, then turn and fry on the other side. Remove from the pan, re-heat the fat and fry the remaining meat. If all the meat is put in the pan at once it will cool down the fat and the frying will be very slow. When the meat is fried, remove from pan, re-heat the fat and add the onion or leek, fry for a few minutes until lightly coloured, then add the flour and stir and fry the onion and flour together until lightly brown. Add the stock, season and bring to the boil. Put in the meat, vegetable and bouquet garni, cover and simmer gently for about 2 hours. Before dishing remove bouquet garni, re-season, and if necessary, add a few drops of gravy browning to colour. If fat meat is used the gravy sometimes becomes greasy. To rectify this, blend a teaspoonful of flour with a little cold water in a cup, stir into the gravy and re-boil. The flour will absorb the extra fat.

Variations for Brown Stew. Place a cabbage leaf over the stew when cooking. Or add a tablespoonful of piquant sauce or a clove of garlic to sharpen the flavour. Or serve dumplings in the stew.

CORNED BEEF HASH

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|-----------------------------------|----------------------------|
| $\frac{1}{2}$ lb. cooked beetroot | Salt and pepper |
| 4 oz. corned beef | $\frac{1}{2}$ oz. dripping |
| 1 lb. creamy mashed potato | |

Chop the beetroot finely, crumble up the corned beef and combine them both with the mashed potato, then add the seasoning and mix thoroughly. Melt the dripping in a frying pan, add the mixture, spreading it evenly, and cook over a slow heat until heated through and browned underneath (about half an hour). Fold in half like an omelette and turn on to a hot dish.

CREAMED GALANTINE

- | | |
|------------------------------------|--|
| 4 oz. galantine, or corned beef | $\frac{1}{2}$ oz. margarine |
| | Salt and pepper |
| $\frac{1}{2}$ pint milk | $\frac{1}{2}$ teaspoonful made mustard |
| $\frac{1}{2}$ pint vegetable stock | 1 bunch watercress (finely chopped) |
| 1 oz. flour—good measure | |
| 2 spring onions (finely chopped) | |

Blend the flour with a little of the milk, add the rest of the milk and the hot vegetable stock and bring to the boil, stirring. Cook 2 or 3 minutes, beating well to make it glossy, then beat in the margarine, salt, pepper and mustard. Lastly, add the chopped watercress, the corned beef cut into neat cubes and the spring onions.

When heated through, turn into a hot au gratin dish and serve with potatoes and a second vegetable.

CURRIED MEAT

- | | |
|--|---------------------------------------|
| $\frac{1}{2}$ to 1 lb. stewing beef, or other meat | $\frac{1}{2}$ oz. flour |
| 1 oz. dripping | $\frac{1}{2}$ teaspoonful curry paste |
| 1 onion | $\frac{1}{2}$ pint stock or water |
| $\frac{1}{2}$ small apple | Salt and pepper |
| 2 teaspoonfuls curry powder | 1 teaspoonful sweet chutney |
| | 1 or 2 oz. dried fruit |
| | Lemon juice substitute |

Wipe the meat and cut it into slices. Peel, slice and finely chop the onion and apple. Make the dripping smoking hot in a saucepan and fry the meat as for brown stew. Remove

MEAT

from the pan, re-heat the fat and fry the onion and apple lightly. Stir in the curry powder and fry for a few minutes, then add the flour and mix thoroughly. Pour in the stock and stir until boiling. Add the meat, chutney, seasoning, curry paste and dried fruit (if available). Cover and simmer very gently until the meat is tender, about 2 hours, stirring occasionally. A curry must be cooked very slowly for a long time. Before serving add the lemon juice and re-season. Empty into a hot dish and serve with chutney and a separate dish of dry boiled rice.

HUTSPOT (Netherlands)

1 lb. brisket of beef	$\frac{3}{4}$ pint water
1½ lb. carrots	1 teaspoonful vinegar
1½ lb. potatoes	Salt
½ lb. onions	

Wash the meat and put it into the cold water, to which 1 teaspoonful vinegar is added. Bring to the boil and simmer slowly. Peel the carrots, mince them finely and add them to the stock after the meat has been cooking for 2 hours. Half an hour later add the peeled potatoes and chopped onions and simmer for another half an hour until the vegetables are thoroughly cooked. Season to taste.

ROLLED STEAK

4 oz. piece of steak (cut in one thin slice)	Few cooked haricots
½ oz. dripping	Fresh herbs (parsley, thyme, etc.)
1 stalk celery, 1 leek and 1 or 2 carrots, all minced	4 oz. short-crust pastry (see p. 109)
Salt and pepper	

Lay the piece of steak on a board and beat with a rolling-pin to a thickness of about $\frac{1}{4}$ in. To make the stuffing, sauté the minced celery, leek and carrots in the dripping for about 5 minutes, then add a good sprinkling of chopped fresh herbs. Add the mashed haricots and seasoning and mix well.

Place this stuffing in the centre of the piece of steak, then roll the meat over it and tie up securely like a parcel with string or thread.

FISH, MEAT, EGG AND CHEESE DISHES

The roll may be cooked in four different ways:

(1) Roast for three-quarters of an hour in a strong, covered saucepan with a little dripping, turning at frequent intervals. Serve with plenty of vegetables (which may be cooked in the pan with the meat if liked) and a rich gravy made from the dripping.

(2) Stew for about $1\frac{1}{2}$ hours, in a good brown sauce with mixed vegetables, frying the roll to a golden-brown in the dripping before making the sauce.

(3) Steam the roll, first encasing it in pastry crust. Make 4 oz. suet-crust pastry in the usual way, roll it out about $\frac{1}{2}$ in. thick and wrap the meat roll in it, moistening the edges of the pastry where it joins (there is no need to string the meat roll first). Wrap in greased paper, tie in a cloth and steam for about 2 hours. Serve with vegetables and a sauce or gravy.

(4) Bake the roll in the oven. For this you need 4 oz. short-crust pastry rolled into an oblong, about $\frac{1}{2}$ in. thickness and wrapped round the meat roll (again there is no need to tie the meat first with string or thread). Place on a greased baking sheet and bake in a hot oven (450° F.) until lightly browned, then reducing to a temperature of 375° F. until cooked through—about 1 hour in all. Serve with vegetables and a sauce or gravy.

MUTTON

CASSEROLE OF CABBAGE AND MUTTON

$1\frac{1}{2}$ lb. mutton	2 tablespoonfuls flour
2 lb. cabbage	Salt
$\frac{1}{2}$ teaspoonful peppercorns	Cold water or stock
Little fat for frying	

Wash the meat and cut in slices. Coat the slices of meat lightly with flour and fry until they are a golden brown. Into a casserole or saucepan put layers of the meat and layers of thickly-sliced cabbage, sprinkling each layer with a little salt and flour. Half cover with water or stock and leave to simmer for $1\frac{1}{2}$ to 2 hours. The peppercorns should be put into a small muslin bag and removed before serving.

MEAT

CEVAP (Yugoslavia) (Mutton Chops with Paprika)

6 mutton chops	Salt
3 onions or leeks	Paprika
1½ oz. dripping	Tomato juice
Little stock or water	

Fry the chops until they are brown on both sides. Lift them out and fry the finely-chopped onions or leeks in the same fat. Add paprika, salt and tomato juice and a little stock or water. Return the chops to the pan and stew until tender.

DJUVETCH (Serbian) (A Serbian dish of meat and rice)

1 lb. potatoes	1½ oz. dripping
1 lb. tomatoes	1 lb. onions
1 lb. cauliflower	½ pint water
2 oz. rice	1 lb. neck of mutton
Salt and pepper	

Prepare the vegetables and cut up the potatoes, tomatoes and cauliflower into small pieces. Add the rice and any other vegetables you have left over, and mix well. Melt the dripping in a frying-pan, and in it fry slowly the chopped onions and the slices of meat. When the meat is half cooked add the other vegetables, mix well, season and put the mixture into a casserole with the water. Cook in a moderate oven (375° F.) for 1½ hours.

FRICASSEE OF MEAT AND VEGETABLES

½ lb. flank of mutton or stewing veal	½ leek cut in strips
1 cupful of sliced carrots	Salt
1 cupful of diced celery	1 pint stock or water
½ cupful diced turnip	A little milk
Piece of bay leaf, sprig of thyme, 6 peppercorns (tied in muslin)	2 oz. flour
	Piece of margarine
	Chopped parsley
	Dry boiled rice

Cut the meat into cubes and prepare and cut up the vegetables. Put the meat, vegetables, herbs and seasoning in a casserole, barely cover with stock, put on the lid and cook gently until tender—about 1½ hours. Turn out the contents of

FISH, MEAT, EGG AND CHEESE DISHES

the casserole, strain off the stock and make up to 1 pint with milk. Use a little of this liquid to blend the flour, re-heat the remaining liquid, and when simmering stir in the blended flour, add the margarine and cook until thick and smooth. Add the meat and vegetables, re-season, and if liked add a handful of freshly-chopped parsley. Serve in the casserole, garnished with dry boiled rice or carrot and potato border.

Carrot and Potato Border

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|-----------------------|---------------------------------|
| 1 lb. potatoes | 2 tablespoonfuls finely-chopped |
| 1 lb. carrots | parsley |
| 2 tablespoonfuls milk | Salt and pepper |

Prepare the vegetables and cook separately in boiling salted water until tender, then drain and mash finely. Heat the milk in a saucepan, add the vegetables and beat until light and creamy, then season and add chopped parsley.

Serve as a vegetable border, or pile in a hot dish.

SAVOURY MUTTON RECHAUFFE

- | | |
|--------------------------------|-----------------------------------|
| Few slices cooked mutton | Salt and pepper |
| 1 lb. potatoes (cooked) | Little mustard |
| 1 small onion (chopped finely) | 1 to 2 oz. dripping, or white fat |
| 1 heaped tablespoonful chutney | |

Melt the fat in a frying pan, and when smoking put in the chopped onion and brown lightly. Cut the potatoes into slices $\frac{1}{4}$ in. thick and heat in the pan with the onions. Add chutney and meat, season well and serve piping hot piled on a dish.

(If you have saved any bacon rinds, heat these in the pan for dripping as they give an excellent flavour to the dish.)

STEAMED MUTTON SAVOURY

- | | |
|---------------------------------------|--|
| 2 oz. rice | 2 dried eggs (reconstituted) |
| $\frac{1}{2}$ pint milk | Salt and pepper |
| 1 rasher of bacon | Little made mustard |
| About $\frac{1}{4}$ lb. cooked mutton | $\frac{1}{2}$ pint tomato sauce or brown |
| 1 small onion | gravy |

Cook the rice in the milk in a double saucepan. Mince or chop the bacon, meat and onion. When the rice is tender and liquid absorbed, mix all the ingredients together and pack into a greased basin. Cover with greased paper. Steam for 1 hour. Turn out and coat with tomato sauce, or brown gravy.

MEAT

PORK EN CASSEROLE

1½ lb. loin of pork	1 oz. flour
¾ lb. apples	Pepper and salt
2 small onions	Little made mustard
1 oz. dripping	¾ pint stock
4 cloves	

Divide the meat into chops. Melt the dripping in a frying pan; peel and slice the onions and apples to form rings and fry until golden-brown. Remove the onions and apples and fry the chops. Remove them from the pan and stir in the flour, adding a little more dripping if necessary. Cook the flour until it is nicely browned, stir in the stock, bring to boiling point, and add the seasoning. Place the chops, which have previously been fried, in a casserole. Cover with the fried apples and onions and pour on the gravy prepared in the frying pan. Cover with a lid and cook in a slow oven for 1½ hours. If no casserole is available, a pie-dish can be substituted and an upturned pie-dish or greased paper used as a cover.

SAVOURY PORK ENVELOPE

Cooked pork	Salt and pepper
1 onion	2 cooked potatoes
¼ teaspoonful sage	Stock

6 oz. shortcrust pastry (see p. 109)

Chop or mince the pork and onion, add the sage, seasonings and diced cooked potatoes, moisten with a little stock. Roll out the pastry into a neat square ¼ in. thick and spread the savoury mixture in the centre. Moisten the edges and fold the corners up to the centre, envelope fashion. Place on a greased flat tin and bake in a hot oven (425° F.) for 15 to 20 minutes until golden-brown. Serve with a brown sauce or gravy.

BRAISED VEAL

1 lb. lean veal	A small bouquet garni
1 carrot	Pepper and salt
1 turnip	½ pint veal stock, or water
1 onion	1 rasher of bacon
3 stalks celery	Mashed potatoes
½ oz. margarine	Green peas, or any other green
A little lemon juice substitute	vegetable

FISH, MEAT, EGG AND CHEESE DISHES

Cut the veal into fillets and put a small piece of bacon on each. Prepare the vegetables, cut into quarters and sauté in the fat. Put with the bouquet garni in a saucepan, cover with stock, add the lemon juice substitute and seasoning. Place the fillets on top of the vegetables, cover with greased paper, put on the lid and braise for 30 minutes. Lift out meat and vegetables and boil stock rapidly until it is reduced considerably. Dish the fillets on a border of mashed potatoes, pour over the reduced stock or essence, and serve the green vegetables in the centre of the dish.

VEAL MOULD

1 lb. breast of veal	Lemon substitute
Small cauliflower (cooked)	2 tablespoonfuls chopped
2 oz. bacon	parsley
Stock, or water	Seasoning

Bone the veal, place the bones in water, and boil well for stock. Decorate a tin mould with sprigs of cauliflower and chopped parsley. Cut meat into dice. Add rough pieces of cauliflower and seasonings, and place in the tin. Cover meat with stock and a greased paper and bake in a moderately hot oven for $1\frac{1}{2}$ to 2 hours. Fill up the mould with extra stock, adding $\frac{1}{2}$ oz. gelatine to $\frac{1}{2}$ pint stock if it is not stiff enough. When cold dip the mould in warm water and turn the meat shape out. Garnish with salad.

VEAL AND POTATO PIE

$\frac{1}{2}$ lb. stewing veal	1 tablespoonful mushroom
Piece of leek or onion	ketchup (if available)
1 cupful sliced carrots	2 peppercorns, blade of mace,
Small piece of turnip (diced)	sprig of thyme and parsley
$\frac{1}{2}$ pint water	(tied in muslin)
Salt	$\frac{1}{2}$ gill milk
1 oz. flour	
<i>Potato Crust :</i>	
$1\frac{1}{2}$ lb. potatoes (mashed)	Nut of margarine
Milk	Seasonings

Mince the veal, or cut in very small pieces. Put in a saucepan with the vegetables, ketchup, flavouring, herbs, seasoning

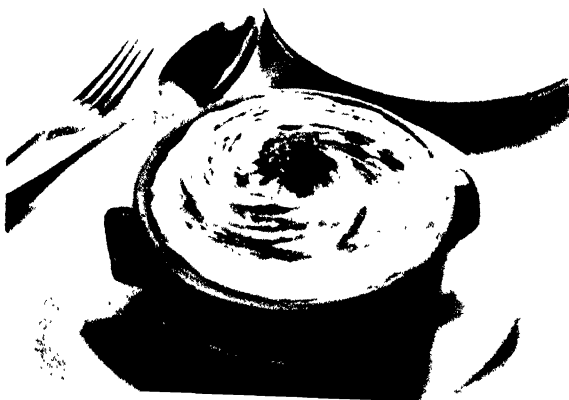


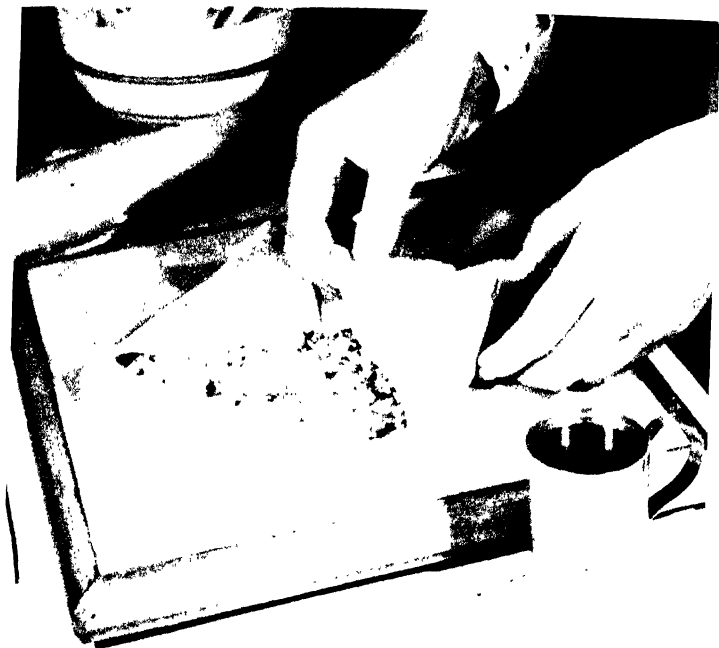
Cheese Shapes with salad make an attractive cold supper dish (see page 101)



Corned Beef Hash, not too spicy, with a quick prepared dish (see page 42).

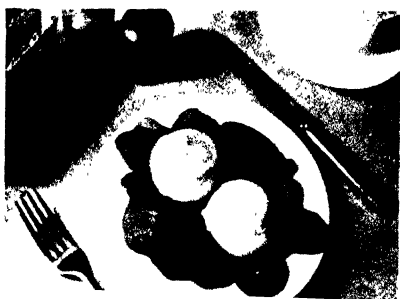
Hampton Pie is made from sausage and onions, topped with a creamy potato crust and "baked to a turn" (see page 66).





Savory Pork Envelope. The minced meat, well seasoned, is enclosed in a pastry square and folded like an envelope (see page 47).

Parsley Egg Moulds and sauté potatoes provide a sustaining breakfast dish. (For recipe, see page 78.)



*Jellied Veal Mould — an economical use of
using part of the meat ration (see page 48)*



MEAT

and milk and cover with the cold water and simmer slowly for 1 hour until the meat is tender. Pour into a fireproof dish and keep hot. Meanwhile re-heat the potatoes with the milk, fat and seasonings and place over the meat. Fork decoratively and brown in a hot oven or under the grill.

VEAL VOL-AU-VENT

Case :

2 dried eggs (reconstituted) Salt and pepper
¾ lb. potatoes

Filling :

3 to 4 oz. cooked veal	½ pint milk and water
1 oz. margarine	Little nutmeg
1 shallot or small piece of onion	Seasoning
4 mushrooms	2 dried eggs (reconstituted)
1 oz. flour	Chopped parsley

Case : Cook the potatoes, drain, and while still hot sieve. Beat in the reconstituted eggs and season. Add a little hot water if necessary to make the mixture the required consistency for piping. Pipe in rounds on a greased baking sheet and pipe a ring on top of each round so as to make a "basket." Put into a hot oven or under a grill to brown.

Filling : Chop the onion or shallot and mushrooms and fry slowly in the margarine. Add the flour and mix well. Stir in the milk and water a little at a time to avoid lumps. Bring to the boil and cook for 2 or 3 minutes, stirring. Add the nutmeg, seasoning and reconstituted eggs, cook for a further two minutes without boiling. Add the meat and re-heat.

Place in the cases, sprinkle with chopped parsley and serve garnished with watercress and tomato, if possible.

BACON

BACON CUTLETS

4 oz. bacon	Mustard
1 lb. mashed potato, or mashed haricots	1 oz. flour
Salt and pepper	Browned crumbs

Rind and dice the bacon and fry until golden-brown and crisp. Add the mashed potato or haricots and the flour, and season well with salt, pepper and mustard. Mix thoroughly, form into small cutlets or steaks and toss in browned crumbs. Heat through in the oven or under a slow grill. Serve with a good sauce and plenty of vegetables.

BAKED STUFFED POTATOES

3 large potatoes (peeled)

Filling :

Bacon or meat scraps	Seasoning
1 small chopped onion	3 rashers of bacon
½ teaspoonful sage, or mixed herbs	

Scoop out the centre of the raw potatoes. Grate the insides of the potatoes and mix with the chopped onion, bacon scraps and sage. Season to taste. Mix all together and pile into the scooped-out holes in the potatoes. Place on a greased baking sheet and bake in a moderately hot oven (400° F.) for ¾ to 1 hour. Roll the rashers and cook for 10 minutes, place on the top and dish the potatoes on a bed of cooked green vegetables.

BACON AND VEGETABLE CASSEROLE

1 or 2 heads of celery	1 oz. margarine
1 lb. potatoes	A little stock or water
4 rashers of bacon	Seasoning

Peel the potatoes and cut into rounds, wash the celery well and cut into 3 in. lengths. Melt the margarine in a casserole or saucepan and lightly fry the vegetables in it for a few minutes. Add the seasoning and sufficient stock or water to half cover the celery and potato. Make bacon rolls from the rashers and place on top of the celery. Cover with the lid and simmer gently for 1 hour or (if the oven is already in use) bake in a moderate oven (375° F.) for about 1 to 1½ hours till tender.

MEAT

BACON DUMPLING

4 oz. bacon	Salt and pepper
6 oz. flour	$\frac{1}{2}$ teaspoonful mixed herbs
2 oz. soft breadcrumbs	1 leek or a few spring onions
$1\frac{1}{2}$ teaspoonfuls baking powder	Milk or water to mix

Rind the bacon and pass it through the mincer, together with the leek or onion. Put all the ingredients in a bowl, season well and mix to a dropping consistency with milk and water. Put into a greased basin, cover with greased paper and steam $1\frac{1}{2}$ to 2 hours. Turn out, coat with a good sauce and serve with vegetables.

KALE AND BACON CAKES

Equal quantities of cooked kale and cooked potatoes	Small piece of fat bacon, or a cooked sausage
Salt and pepper	Flour
	Cooking fat

Chop the cooked kale very finely and mix with an equal quantity of mashed potatoes. Mince or chop the bacon or sausage and mix with the vegetables, then season and turn on to a floured board. Work in a little flour, and form into flat round cakes. Fry in a little smoking hot fat and serve at once.

PIG IN A BLANKET

2 rashers of bacon	Salt and pepper
4 oz. flour	Mustard
2 dried eggs (reconstituted)	2 oz. grated cheese
About $\frac{1}{2}$ gill milk and water	1 teaspoonful baking powder

Make a thick batter mixture with the flour, reconstituted eggs and milk. Add the grated cheese and season carefully. Lightly stir in the baking powder. Cut each rasher of bacon into four pieces, dip into the savoury batter and fry in a little bacon fat, allowing time for the bacon to be thoroughly cooked (8 minutes approximately).

FISH, MEAT, EGG AND CHEESE DISHES

POTATO AND BACON HASH

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|-------------------------|---------------------------------|
| 2 lb. boiled potatoes | 1 or 2 tablespoonfuls of finely |
| 2 or 3 rashers of bacon | chopped onion |
| Seasoning | 2 tablespoonfuls grated cheese |
| | A little milk if required |

Mash potatoes finely. Cut the bacon in small pieces, put into a frying-pan with any available bacon rinds and fry lightly to extract the fat. Remove rinds, put the potatoes in the pan together with the chopped onion, cheese and seasonings, and a little milk if required. Mash all together in the pan; press down firmly and heat slowly until the mixture is well browned underneath. Turn on to a dish and serve very hot. This dish goes well with cooked cabbage mixed with a piquant sauce.

POTATO SOUFFLE

- | | |
|-------------------------------|--------------------------------|
| 1 lb. well-mashed or sieved | 2 teaspoonfuls chopped parsley |
| cooked potatoes | 4 to 5 oz. grated cheese, or |
| 1 gill warm milk | chopped bacon |
| Salt and pepper | 1 dried egg |
| A little made mustard | 2 teaspoonfuls baking powder |
| A little finely-chopped onion | |

Mix the sieved potatoes evenly with the milk and beat well, add flavourings, grated cheese and the reconstituted egg. Stir in the baking powder and mix thoroughly. Turn into a greased pie dish and bake in a moderately hot oven (400° to 425° F.) for about 20 minutes. Serve immediately.

SAVOURY MACARONI FLAN

- | | |
|-----------------------------|--------------------------|
| 4 oz. shortcrust or potato | Fat for frying |
| pastry (see p. 109) | 3 oz. macaroni |
| 1 small onion | Stock |
| 1 rasher of bacon | 2 oz. grated cheese |
| 2 oz. mushrooms or tomatoes | Salt, pepper and mustard |

Make the pastry, and line a flan case with it. Bake "blind" in a hot oven (450° F.). Meanwhile prepare and slice the onion, bacon and mushrooms or tomatoes, and fry together in a little dripping. Add the macaroni and sufficient stock to cover. Bring to the boil and simmer gently till tender and the stock is nearly all absorbed. Add the grated cheese, season and turn into a flan case. Return to the oven and cook till golden-brown.

STUFFED MUSHROOMS

8 good-sized mushrooms

Filling :

1 oz. margarine	8 small pieces of fried bread
2 rashers of bacon (chopped)	A little piquant sauce
1 teaspoonful chopped parsley	2 tablespoonfuls breadcrumbs

Seasoning

Wash the mushrooms, remove the skin and the stalks and trim into equal rounds. Chop the trimmings. Melt the margarine and lightly fry all the filling ingredients. Moisten with a little piquant sauce. Pile the filling on to the mushrooms and bake on a greased baking tin in a moderately hot oven (400° F.) for 15 to 20 minutes till tender. Serve one on each piece of fried bread and garnish alternately with lines of chopped parsley and coralline pepper.

STUFFED RIDGE CUCUMBER

(For Two People)

1 ridge cucumber	1 oz. breadcrumbs
1 oz. lean bacon	Little milk
1 oz. fat	1 oz. finely-grated cheese
Chopped onion	$\frac{1}{2}$ dried egg (reconstituted)
2 oz. chopped mushrooms (optional)	1 teaspoonful chopped parsley

Dice the bacon and fry in the fat, also the finely-chopped onion and chopped mushrooms. Soak the breadcrumbs in a little milk. Cut the cucumber in half, scoop out the seeds and soft pulp. Mix the fried ingredients with the breadcrumbs, add the cheese, parsley and reconstituted egg. Fill the open halves of the cucumber with the mixture. Sprinkle with cheese and breadcrumbs. Place on a baking sheet and bake for 30 minutes in a moderate oven (375° F.). Small marrows can be used instead of cucumbers.

POTATO DUMPLINGS

1 lb. potatoes

3 oz. flour

1 or 2 teaspoonfuls dried egg

Pinch of salt

Filling :

Small leek or onion

1 rasher of bacon

Boil or steam the potatoes in their skins, and peel and mash while they are still hot. Sieve together the dried egg powder, flour and salt, add to the potatoes when they are cold and knead to a smooth dough. Shape the dumplings the size of small apples. When forming them, keep the hands wet with cold water. Fill each with a teaspoonful of leek and bacon, previously chopped and fried. Have salted water boiling and put the dumplings into it. They are ready after 5 minutes of quick, uncovered boiling. Take them out one by one and put them into a colander. Dish and pour the rest of the bacon fat and the fried onion over them and serve with any vegetable or salad.

MACARONI CUTLETS

4 oz. macaroni	Salt, pepper, mustard
$\frac{1}{2}$ small onion	$\frac{1}{2}$ tablespoonful flour
$\frac{1}{2}$ or 1 rasher of bacon (if possible)	A little tomato sauce or purée (if liked)
1 dried egg (reconstituted)	2 oz. grated cheese

Boil the macaroni in boiling salted water till tender. Meanwhile peel and chop the onion, cut up the bacon and fry lightly together. Drain the macaroni, chop roughly if necessary and mix with the fried onion and bacon. Thicken a little of the macaroni stock (about $\frac{1}{2}$ pint) with the flour blended to a smooth paste with a little cold water. Add the tomato sauce or purée and the dried egg (reconstituted), season to taste, and add the macaroni mixture and the grated cheese. Mix all well together, and turn on to a plate to cool. When cold, shape into cutlets, brush with reconstituted egg, roll in bread-crumbs and fry till golden-brown on both sides, or bake on a greased tin in a moderately hot oven (425° F.) for 20 to 30 minutes. Serve hot or cold.

PRUNES AND BACON

2 rashers of fat bacon	A little chutney
8 prunes	2 rounds of toast

Soak the prunes overnight and remove the stones. Remove the bacon rinds and flatten the bacon with a knife. Cut each rasher into four. Spread a little chutney on each piece of

M E A T

bacon, then a prune, and roll up. Pack closely together in a greased tin or dish and bake in a moderate oven (375° F.) for 20 to 25 minutes.

Make the toast and cut each piece into 4 squares. Place a bacon roll on each square. Serve hot.

QUICK FRITTERS

2 rashers bacon	A little flour
½ lb. potatoes (raw)	Salt and pepper
Little water, if necessary	

Rind the bacon and cut the rashers in half. Fry until golden brown and crisp, then draw to one side of the pan or lift out on to a hot plate to keep warm while cooking the fritters. Meanwhile shred the potatoes on a coarse grater and stir in a little flour (about 1 tablespoonful). If necessary, add a very little water, to give the consistency of a thick batter. Season well, then drop in spoonfuls into the hot bacon fat. Fry gently until golden-brown on both sides. Dish with the bacon and serve very hot.

MISCELLANEOUS

MINCE WITH PARSNIPS

½ lb. raw minced meat	Gravy browning
2 oz. oatmeal	1 tablespoonful tomato,
Chopped onion	or mushroom ketchup
1 grated carrot	1½ lb. mashed parsnips
Salt and pepper	Nut of margarine
½ pint water	A little milk

Put the mince, oatmeal, finely-chopped onion, grated carrot, seasoning and water in a saucepan. Mix thoroughly and bring to simmering point. Cover and simmer for 30 to 40 minutes, stirring and beating the mince at intervals to make it smooth. Cook the parsnips, drain and mash with a nut of margarine, a tablespoonful of milk, and seasoning. Make a border of mashed parsnips round a deep dish. Add ketchup to the mince to flavour it, and colour with gravy browning. Pour the mince into the dish, and serve very hot.

FISH, MEAT, EGG AND CHEESE DISHES

QUICK CURRY

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|--------------------------------|--|
| 1 lb. potatoes | $\frac{1}{2}$ pint milk and vegetable |
| 2 tablespoonfuls chopped onion | stock |
| 1 oz. fat | 1 small tin luncheon meat, corned beef, etc. |
| 1 oz. flour | Salt and pepper |
| 1 teaspoonful curry powder | Few drops vinegar |

Scrub the potatoes and boil in their skins until tender, then peel thinly. Cut them in thick slices, and lay in a fireproof dish to keep hot. Melt the fat and fry the chopped onion in it until lightly coloured. Stir in the curry powder and flour, and mix thoroughly; then add the liquid, mixing it in gradually, and stir until boiling. Simmer for 5 minutes, season with salt, pepper and vinegar, and pour over the potatoes and the meat, which has been cut into small cubes.

If liked, top with breadcrumbs and shavings of margarine and brown in a hot oven (450° F.).

QUICK CHOP SUEY

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|--|-------------------------------------|
| 3 medium-sized potatoes (diced and cooked) | $\frac{1}{2}$ teacupful boiled rice |
| 1 chopped onion | 2 tomatoes |
| $\frac{1}{2}$ lb. minced cooked meat | 2 tablespoonfuls dripping |
| | Seasoning |

Heat the dripping in a stewpan and sauté the chopped onion until slightly brown. Add the meat, rice, potatoes, tomatoes and a little stock. Mix and season well, heat through and then turn into a casserole without a lid. Bake in a moderately hot oven (400° F.) until brown.

RISOTTO

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|---|--------------------------------|
| 8 oz. rice | 2 bay leaves |
| 1 or 2 onions | 1 or 2 tomatoes (if available) |
| 4 to 8 oz. minced raw meat (if available), or | 1 pint good stock |
| 1 rasher bacon | Salt and pepper |

To serve : grated cheese, green salad

Melt the dripping in a thick saucepan, add the unwashed rice and fry gently for a few minutes, stirring. When the rice becomes opaque add the onion thinly sliced, the bacon

MEAT

(cut in pieces if used) and continue to cook over a low heat for about 5 minutes, stirring frequently. Add the bay leaves, the sliced tomato, stock, seasoning, and minced meat. Stir well, cover and leave undisturbed over a very low heat for about three-quarters of an hour. If the pan is not very thick, it may be necessary to stir at intervals, and this should be done with a fork or skewer. When cooked the rice should have absorbed the moisture and be quite tender. Remove the bay leaves and serve very hot with grated cheese handed separately and with the green salad. 3 or 4 mushrooms can be fried with the onion if liked. Pieces of cooked white meat, or cooked sausages, can be added to the risotto 10 minutes before serving in place of raw meat.

SAVOURY MINCE CAKES

½ lb. raw mince	Piquant sauce, or tomato
1 small onion	purée
1 rasher bacon	Fat for frying
4 oz. cooked potato	1 tablespoonful chopped parsley
1 to 2 tablespoonfuls dried	Pinch of mixed herbs
egg powder	About ½ pint tomato sauce
Salt and pepper	2 whole tomatoes
	2 oz. mushrooms

Mince the bacon and onion and fry lightly in a little dripping. Sieve the potatoes and mix into them the bacon, onion, mince and the egg powder. Season well, add the herbs and a little piquant sauce or tomato purée. Form into very small cakes, dip in seasoned flour and fry, or bake with a little fat in a moderately hot oven (425° F.) with the whole mushrooms and the tomatoes cut in thick slices. Serve on an entrée dish, garnished with the tomato and mushrooms and with a savoury sauce poured round.

STUFFED CABBAGE

8 to 10 large outer leaves of	1 teaspoonful chopped parsley
cabbage	1 teaspoonful tomato sauce, or
6 oz. raw meat	ketchup
2 oz. rice	Stock
Salt and pepper	½ pint brown sauce (see p. 107)
8 to 10 small slices fried bacon	

FISH, MEAT, EGG AND CHEESE DISHES

Wash and blanch the cabbage leaves and leave them soaking in hot water for a few minutes, to soften them. Mince the raw meat and mix it with the uncooked rice. Add seasonings, chopped parsley and tomato sauce. Form the mixture into eight or ten croquettes and wrap a cabbage leaf firmly round each one. Pack them into a saucepan or casserole, cover with stock and simmer for 1½ hours. Serve with a good brown sauce poured round them and garnish with a slice of fried bacon on each cabbage roll.

VEGETABLE AND MEAT CAKES

1 cupful each of cooked mashed potatoes and carrots	A little chopped onion (if available) Pepper and salt
3 to 4 oz. raw minced meat	About 1 tablespoonful thick sauce, or ½ dried egg (reconstituted)
1 tablespoonful finely-chopped parsley	

Combine vegetables, meat, parsley and seasoning and bind together with the sauce or reconstituted egg if necessary. Turn on to a floured board and form into flat cakes, dust with flour and fry in a little smoking hot fat until lightly browned on the under side; turn, and fry on the other side (allowing 12 to 15 minutes in all, to ensure cooking of the meat). Drain, and dish the cakes on a bed of green vegetables, with a little brown sauce (made from the vegetable stock) poured around them.

These cakes can be brushed with milk, and baked for 20 minutes in a hot oven, if preferred.

COTTAGE PASTY

8 oz. oatmeal pastry (see p. 110)	2 cupfuls diced raw vegetables A little stock, or water
3 or 4 oz. minced meat	A pinch of mace
1 sausage, or a piece of fat bacon	Pepper and salt Gravy

Line a flat tin with the pastry, reserving some for the lid. Mix the meat and skinned sausage (or diced bacon), spread a thin layer on the pastry, cover with a thick layer of diced vegetables, season liberally and moisten with stock or water. Damp the edges and lay on the pastry lid, pressing it on firmly

Mark in squares and bake in a hot oven (450° F.) until the pastry is lightly browned, then reduce the heat and cook for about 45 minutes in all. Serve hot with gravy.

OPEN MEAT AND VEGETABLE PIE

8 oz. potato or shortcrust pastry (see p. 109)	A little chopped onion Salt and pepper
6 to 8 oz. minced raw meat	1 teaspoonful flour (approx.)
1 gill water	1 lb. cooked vegetables Gravy browning

Make the pastry and roll out evenly $\frac{1}{8}$ in. thick. Line a deep plate or fireproof dish with it, fold back the edges and flute with the finger and thumb. Line with soft paper. Fill with baking beans and bake "blind" in a hot oven (450° F.) until the pastry is set and slightly browned at the edge. Remove the filling and dry off the pastry case. Put the mince with the water, flour, chopped onion, pepper and salt, into a pan and simmer for about 30 minutes until tender. Add a spoonful of table sauce if necessary to improve the flavour, and colour with gravy browning. Pour into the pastry case, garnish with the vegetables and serve at once.

POACHER'S PIE

8 oz. shortcrust pastry (see p. 109)	2 tablespoonfuls chopped parsley
1 small rabbit	$\frac{1}{2}$ teaspoonful mixed herbs
1 piece of fat bacon	Bay leaf
1 leek or onion	4 peppercorns (crushed)
2 or 3 potatoes	Salt

Wash the rabbit thoroughly and cut into neat joints, putting aside the head and the thin pieces of the ribs for stock. Prepare and slice the potatoes and the leek. Fill a pie-dish with alternate layers of rabbit, bacon and vegetables, sprinkling each layer with seasonings and herbs. Put in the kidneys and heart, the bay leaf and sufficient water to come half-way up the dish. Cover with pastry, make a hole in the top to let the steam out, and decorate with pastry leaves made out of the trimmings. Bake in a hot oven (450° F.) until the pastry is set and lightly browned, then reduce the heat and cook until the meat and vegetables are tender—about $1\frac{1}{2}$ hours in all. Fill up with stock and serve hot.

SMALL RAISED PIES

$\frac{1}{2}$ lb. raised crust (see p. 110) Piece of onion (chopped)
 6 oz. boneless mutton pieces 1 tablespoonful tomato sauce,
 Piece of kidney (if available) or table sauce, or 2 tomatoes
 2 potatoes Stock
 Pepper and salt

Cut the meat and kidney in small pieces, season and moisten with tomato sauce. Add the peeled and diced potatoes and the chopped onion. Cut off one-third of the pastry and put aside in a warm place for the lids. Divide the rest into four pieces, form each into a ball, then mould into little pie cases with the finger and thumb, or shape round a tumbler. Fill with the meat and vegetable mixture and a little stock, then raise the sides of the pie with the hands. Roll out four lids, damp the edge of the pies and lay on the lids, pressing the edges together. Make a hole in each pie and decorate the edges. Place a band of greased paper round each pie to keep the shape, if liked; and put on a greased tin. Bake in a hot oven (450° F.) until the pastry is set, then reduce the heat and cook for about an hour in all. Fill up with hot stock and serve hot.

SAVOURY ROLL

6 oz. suet crust pastry 1 small carrot (grated)
 3 oz. minced raw meat 1 small finely-chopped onion
 $\frac{1}{2}$ pint brown sauce (see p. 106) Seasonings

Roll the pastry out until $\frac{1}{4}$ in. thick and oblong in shape. Mix the meat, vegetables and seasoning together, spread over the suet pastry, moisten the edges with a little cold water and roll up. Wrap in greased paper or a pudding cloth or place in a greased stone jam jar. Steam for $1\frac{1}{2}$ to 2 hours. Turn out and serve very hot with a brown sauce.

SAUSAGE

SAUSAGE ROLLS IN POTATO PASTRY

Potato pastry:

4 oz. flour
 $\frac{1}{2}$ teaspoonful salt 3 sausages
 2 oz. fat Milk for glazing
 $\frac{1}{2}$ teaspoonful baking powder
 4 oz. mashed potatoes

MEAT

Mix the flour, salt and baking powder. Rub in the fat with the fingertips. Add the finely-mashed potatoes and mix all together to form a stiff dough without water. Roll out into an oblong. Skin the sausages, cut in half lengthwise to form six rolls and lay them on the pastry. Cut into six equal portions. Damp the edges and fold over to form rolls. Make a cut in top, brush with milk. Place on a greased tin and bake golden brown in a moderately hot oven (400° F.) for 20 to 30 minutes.

SAVOURY SAUSAGE PIE

1 lb. sausage meat	2 tablespoonfuls sauce or
$\frac{1}{2}$ lb. cooking apples	chutney
1 small onion or leek	Seasoning
1 tomato	1 oz. fat
$\frac{1}{2}$ lb. potatoes	

Chop or mince the apples, onion, tomato and potatoes. Lightly fry in the fat for 5 to 10 minutes. Season well and add the chutney. Place on a greased plate or shallow dish. Roll the sausage meat to about $\frac{1}{2}$ in. thick and the shape of the dish. Place on the mixture, smooth over, mark off into squares, and bake in a hot oven (450° F.) for about 35 to 40 minutes till the sausage meat is cooked, crisp and brown.

BAKED MEAT SHAPE

1 lb. sausage meat, or	Few bacon rinds
minced meat	1 cupful mashed potato
1 leek or onion	$\frac{1}{2}$ pint brown sauce (see p. 107)
3 stalks of celery	Tomatoes or mushrooms
1 rasher of bacon	

Chop the bacon and fry lightly with the bacon rinds to extract the fat. Remove the rinds, chop the onion and celery finely and fry with the bacon. Mix well with the sausage meat or minced meat, season thoroughly. Bake in a greased loaf-tin in a moderately hot oven (400° F.) for about an hour—till the mixture appears cooked and shrinks slightly away from the sides. At the same time, prepare the mushrooms or tomatoes and bake for 10 to 15 minutes. Turn the mould on to a hot

FISH, MEAT, EGG AND CHEESE DISHES

dish, pipe the top with mashed potato. Brown under the grill or at the top of the oven. Pour sauce round the dish and garnish with the tomatoes or mushrooms.

BEAN AND SAUSAGE STEW

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|---------------------------------|-------------------------------|
| 1 lb. sausages | 1 tablespoonful tomato sauce, |
| $\frac{1}{2}$ lb. haricot beans | or pulp |
| 2 oz. bacon | Seasoning |
| 1 large onion | |

Soak the beans and cook until tender (about 1 hour). Fry the bacon and chopped onion in the bacon fat till tender. Fry the sausages in the same fat. Mix the beans, bacon, onions and tomato pulp with sufficient bean liquor to make a soft consistency. Pile in the centre of a hot dish with sausages around.

BRAISED SAUSAGES

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| 1 lb. sausages | $\frac{1}{2}$ pint brown sauce (see p. 107) |
| 2 cupfuls diced, cooked vegetables | Seasonings |
| Seasoned flour | Chopped parsley |

Placed the diced vegetables in a casserole, just cover with the brown sauce. Coat the sausages with seasoned flour, prick well. Place on top, cover with a lid and braise slowly for 30 minutes. Remove the lid and brown the sausages for 15 minutes in the top of a hot oven (450° F.). Garnish with the chopped parsley and serve at once.

BROWN EGGS IN A NEST

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| $\frac{1}{2}$ lb. sausage meat | 2 tablespoonfuls chopped water- |
| 1 cupful hot cooked spinach | cress and mint |
| 2 cupfuls hot mashed potatoes | 1 small onion, or celery stalk |
| | $\frac{1}{2}$ pint brown sauce (see p. 107) |

Grate the onion or celery and mix into the sausage meat. Divide it into six portions and form into six "eggs" with floured hands. Bake in a moderate oven (400° F.) for 20 minutes. Add the spinach to the potatoes, season well, form into a border on a fireproof dish. Pile up the eggs in the centre of the dish and garnish the border with chopped mint and water-cress. Serve with brown sauce made with spinach water.

MEAT

COUNTRY SALAD

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| 4 sausages | 1 tablespoonful finely-chopped onion |
| 1 lb. potatoes | |
| Economical mayonnaise | Chopped parsley |
| (see p. 108) | 1 head of lettuce |

Cook the potatoes, cut into dice and mix with the onion and the salad dressing. Dish and sprinkle with chopped parsley and set aside to cool. Grill the sausages and lay on the salad. Arrange lettuce round dish and serve slightly warm.

ERWTENSOEP (Netherlands)

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|------------------|---------------------|
| ½ lb. dried peas | ½ lb. beef sausages |
| 2 quarts water | Salt |
| 1 pigs' trotter | 3 leeks |

A stalk of celery

Soak the peas overnight in cold water to which a pinch of bicarbonate of soda has been added. Strain, put into cold, salted water and bring to the boil. Add the pigs' trotters, the chopped leeks and celery and simmer for 3 to 5 hours until trotters are thoroughly cooked. Half an hour before serving add sausages.

HAMPTON PIE

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|-----------------------------------|------------------------------|
| ½ lb. cooked sausages | ½ gill stock |
| 1 dessertspoonful chopped parsley | 1 tablespoonful made mustard |
| 2 tablespoonfuls tomato ketchup | 1 onion (sliced and fried) |
| | Mashed potatoes to cover |

Slice the cooked sausages and mix together with the parsley, ketchup, mustard and stock. Arrange the sausage mixture and fried onion in layers in a pie-dish. Cover with mashed potatoes and bake in a hot oven (450° F.) until the top is browned.

SAUSAGE AND APPLE PIE

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|------------------------------------|----------------------------------|
| 1 lb. sausages (pork, if possible) | ½ pint stock, or vegetable water |
| 1 large apple | ½ tablespoonful flour |
| 1 onion | 1 to 2 teaspoonfuls curry powder |
| A little fat for frying | Salt and pepper |

Peel and core the apple and cut into rings about $\frac{1}{2}$ inch thick. Prepare the onion and cut into rings. Fry together lightly in a little dripping to brown and to develop the flavour. Remove from the frying-pan and place half the mixture in the bottom of a casserole. Prick the sausages and fry just sufficiently to brown. Arrange in the casserole and place the rest of the apple and onion rings on top. Add the $\frac{1}{2}$ tablespoonful of flour and the curry powder to the fat remaining in the frying-pan. Mix well in and then stir in the stock a little at a time to avoid lumps. Bring to the boil and season to taste with salt and pepper. Pour over the sausages. Place the lid on the casserole and cook in a moderately hot oven (about 400° F.) for an hour. Serve with boiled rice or mashed potatoes.

SAUSAGE PATTIES

1 lb. sausage meat	1 teaspoonful made mustard
$\frac{1}{2}$ small onion	2 teaspoonfuls piquant sauce
1 stick celery	8 oz. potato pastry (see p. 109)
2 teaspoonfuls chopped parsley	(makes 8 patties)

Make the pastry and roll into an oblong shape. Cut in half down the centre and divide each piece into 4 parts (approximately 3in. squares). Chop the onion and celery finely and combine with the sausage meat, parsley, mustard and sauce. Place a dessertspoonful of this mixture in the centre of each square, fold the squares over into triangles, knock up the edges and make a small hole in the centre.

Place on a greased tin and bake in a hot oven (450° F.) for 10 to 15 minutes till the pastry is brown and crisp. Reduce the heat and continue cooking for a further 15 to 20 minutes to cook the sausage meat. If necessary, cover with paper to prevent over-browning the pastry.

SAUSAGE AND POTATO SCALLOPS

3 or 4 cold cooked potatoes	Salt and pepper
$\frac{1}{2}$ lb. sausages	A little sauce, or gravy
A little margarine or bacon fat	

Slice the cold cooked potatoes, or dice them, and arrange a layer in each of four greased scallop shells. Add a teaspoonful of sauce to each shell and sprinkle with salt and pepper.

MEAT

Remove the skins from the sausages and divide the meat into four; spread it in a layer over the potatoes, dot with a few shreds of margarine or bacon fat, and cook under a low grill until it is hot through and the sausage meat is cooked and brown—15 to 20 minutes. Serve at once.

SAUSAGE ROLL

1 lb. sausages, or sausage meat	1 teaspoonful finely-chopped parsley
Rasher of bacon	Seasonings
$\frac{1}{2}$ to 1 tablespoonful of finely-chopped onion	Brown breadcrumbs

Chop the bacon, remove the skin from the sausages, mix all the ingredients well together. Form into a roll on a floured board, roll in greaseproof paper or a pudding cloth. Steam for $1\frac{1}{2}$ hours. Press between two plates until cold. Roll in brown breadcrumbs.

SAUSAGES AND SPROUTS

1 lb. sausage meat	Finely chopped celery
2 onions (finely chopped)	(if available)
Seasoning	2 lb. sprouts
$\frac{1}{2}$ pint brown piquant sauce (see p. 107)	

Mix together the sausage meat, onions and celery. Season thoroughly. Shape into balls the size of small sprouts. Fry till golden brown and crisp. Cook the sprouts in boiling salt water, keeping them whole and a good colour. Drain well and toss in the fat with the sausage balls. Serve piled on a large dish with brown piquant sauce served separately.

OFFAL, RABBITS, Etc.

LYONNAISE LIVER LOAF

1 lb. liver	2 cupfuls breadcrumbs
Bacon scraps	1 dried egg
$\frac{1}{2}$ cupful finely-chopped onion	Seasoning
2 cupfuls mashed potatoes	

Stew the liver slowly for 20 minutes. Fry the bacon, sauté the onion in the fat, put all through a mincer. Add the breadcrumbs, the reconstituted egg and the seasonings. Stir in

sufficient liver stock to form a stiff paste. Pack in a greased loaf-tin. Bake in a moderate oven (325° F.) for an hour. Turn out on a baking sheet. Spread with mashed potato, decorate the surface with a fork and brown under a grill or in a hot oven.

SAVOURY LIVER SAUSAGE

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|---------------------------------|---------------------------------|
| ½ lb. liver sausage | A little dripping |
| 1 small onion | ½ tablespoonful flour |
| 2 tomatoes, or 3 tablespoon- | ½ pint meat, or vegetable stock |
| fuls tomato purée | Salt and pepper |
| 1 rasher of bacon (if possible) | Gravy browning |

Prepare and slice the onion. Rind the bacon and cut it into small pieces. Fry together in a little dripping. Add the flour and continue to fry a minute or so to partly cook the flour. Stir in the stock, adding a little at a time to prevent lumps. Bring to the boil and cook for 2 or 3 minutes, stirring. Season and add gravy browning and tomato. Add the liver sausage cut in dice and allow to heat through. Serve with sauté potatoes. Left-over vegetables, such as carrot, celery, etc., may be added with the liver sausage. A little sage may be used to give flavour, if liked.

STUFFED LIVER

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|-----------------|------------------------|
| ½ lb. liver | ½ pint stock, or water |
| 2 oz. fat bacon | ½ oz. flour |

Stuffing :

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| 8 oz. mashed potatoes | Seasoning |
| ½ teaspoonful chopped parsley | 1 small onion (finely chopped) |
| ½ oz. margarine | |

Wash and dry the liver and cut into thin slices. Cut the bacon into slices slightly larger than the liver. Blend the flour with the water or stock. Season well. Make the stuffing by thoroughly blending all the ingredients together.

Place a little stuffing on each slice of liver and roll up. Roll this in a piece of bacon. Place the rolls in a greased casserole, half cover with the blended flour and stock. Cover and bake in a moderately hot oven (400° F.) for ¾ to 1 hour until the liver and bacon are tender. If liked, the lid may be removed 10 minutes before the cooking is completed to brown the bacon.

MEAT

MOCK GOOSE

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|-----------------------------|---------------------------------|
| ½ lb. liver | 1 tablespoonful seasoned flour |
| 1 onion | ½ teaspoonful dried sage |
| ½ pint stock, or cold water | 1 tablespoonful chopped parsley |
| 1 lb. potatoes | |

Wash the liver and cut into neat pieces, coat lightly with seasoned flour. Arrange in a fireproof dish in alternate layers of meat and finely-sliced onion sprinkled with sage. Blend the remaining seasoned flour with the water and pour over the meat. Peel the potatoes and cut into chunky pieces to form a top covering. Protect with greased paper and bake in a moderate oven (375° F.) for an hour.

KIDNEYS MADRAS

- | | |
|--------------------------------|---------------------|
| 2 sheep's kidneys | Browned breadcrumbs |
| 1 dried egg (reconstituted) | Dripping |
| ¼ teaspoonful lemon substitute | Curry paste |
| Salt and pepper | Cayenne |

Wash and skin the kidneys and cut them into halves length wise. Season with salt and pepper and a very little cayenne. Add the lemon substitute to the reconstituted egg and dip the kidneys in the mixture. Roll in breadcrumbs and fry lightly in hot fat. Serve on slices of toast spread with curry paste

MILANAISE KIDNEYS

- | | |
|------------------------|--------------------------|
| 4 oz. macaroni | 2 sheep's kidneys |
| A little grated cheese | 1 onion (chopped finely) |
| 1 oz. frying fat | 1 oz. flour |
| Seasonings | Pinch of mixed herbs |
| ½ pint stock or water | |

Split the kidneys, remove the skin and wash well. Heat the fat in a frying-pan. Brown the pieces of kidney on both sides and place in a casserole or stewpan, fry the onion until slightly browned, drain and put with the kidneys to keep warm. Fry the flour slowly in the remaining fat and when golden brown stir in the stock or water gradually and bring to boiling-point slowly. Pour over the meat, add the herbs and seasonings to taste and simmer slowly until tender or bake in a moderate oven (375° F.) for 40 minutes. Cook the macaroni in boiling salted water for 15 minutes, pour off the water (which may

FISH, MEAT, EGG AND CHEESE DISHES

be used for stock). Stir in the grated cheese, arrange as a border around a hot dish and pile the kidney mixture in the centre. Serve at once.

ROAST HEART WITH SAGE AND ONION STUFFING

1 heart (bullock, calf or sheep) Cooking fat

Stuffing :

3 large onions

1 dessertspoonful sage

1 dried egg (reconstituted)

$\frac{1}{2}$ lb. breadcrumbs

Salt and pepper

Preparation : Wash the heart thoroughly in several changes of cold water. Cut off the flaps and lobes and remove all pieces of gristle. Cut away the membrane which divides the two cavities and see that the inside is quite free from blood. Soak in cold water for at least half an hour.

To Prepare the Stuffing : Simmer the onions until tender. Chop them finely. Add the sage, breadcrumbs and seasonings. Stir in the reconstituted egg and mix lightly together.

Fill the heart with the sage and onion stuffing. Sew up the ends with string and place in a baking-tin with the cooking fat. Bake in a moderate oven (375° F.), basting frequently, and turning the heart several times. Great care must be taken to cook the heart gently, otherwise it may be tough. Cook until tender, allowing about 2 or 3 hours for a bullock's heart, 1 to 1½ hours for a calf's heart, and $\frac{3}{4}$ hour for a sheep's heart. Serve with brown sauce (see p. 107).

CREAMED RABBIT

1 rabbit

Salt

1 carrot

$\frac{1}{2}$ pint stock

A piece of onion

2 oz. flour

Bouquet garni (mixed herbs,

Milk

piece of bay leaf, blade of

$\frac{1}{2}$ to 1 oz. margarine

mace, sprig of parsley, 2

peppercorns)

Garnish : Dry boiled rice, mushrooms, tomatoes, bacon rolls.

Wash the rabbit and soak. Place in a pan with the bouquet garni, carrot, onion, salt and water to just cover. Cook gently until the rabbit is tender. Drain the rabbit and lay on

MEAT

a hot dish. Strain the liquid and keep $\frac{1}{2}$ pint for making the sauce. Blend the 2 oz. flour with the milk and stir into the hot stock. Stir until boiling, season, add a pinch of powdered mace, if required, and 2 or 3 tablespoonfuls "top of milk." The sauce should be of a creamy consistency. Pour the sauce over the rabbit and garnish with baked tomatoes, mushrooms, rice and bacon rolls.

FRIED RABBIT SAVOURY

- | | |
|---------------------------------|-------------------------------|
| 1 lightly-cooked rabbit | 1 dessertspoonful flour |
| 1 lb. potatoes | 1 gill rabbit stock |
| 2 oz. dripping | 2 tablespoonfuls tomato purée |
| 1 onion (chopped) | (optional) |
| Bacon scraps | Pepper and salt |
| 1 tablespoonful chopped parsley | |

Joint the rabbit, peel and thinly slice the potatoes. Heat the fat and fry the rabbit lightly in it. Place in the centre of a hot dish. Fry the onion until golden-brown and put with the rabbit. Fry the bacon scraps with the potatoes in the remaining dripping. Arrange in a border around the rabbit and sprinkle with freshly-chopped parsley. Keep hot. Add the flour to any fat remaining in the pan and stir until golden-brown. Pour in the stock, tomato purée and seasonings. Boil up and serve with the meat.

RABBIT A L'ITALIENNE

- | | |
|------------------------------|---|
| 1 young rabbit (jointed) | 1 oz. grated cheese |
| 2 or 3 onions | Fat for frying |
| 1 oz. mushrooms | 1 oz. flour |
| 4 oz. macaroni, or spaghetti | Little vinegar |
| Seasoning | $\frac{1}{2}$ lb. tomatoes (if available) |

Slice the onions and mushrooms and fry in a saucepan in a little hot fat for two or three minutes. Dip the joints of rabbit in vinegar and then in seasoned flour. Add these to the onions and mushrooms and fry till golden-brown. Cover with stock or water, season and simmer gently till tender (about 1 hour). Cook the macaroni in boiling salt water. About 5 minutes before the rabbit is cooked place the tomatoes in the stew. Allow to soften but keep them whole. Lift the rabbit on to a

FISH, MEAT, EGG AND CHEESE DISHES

hot dish, place the macaroni at either end and garnish with the whole tomatoes. Sprinkle with the grated cheese. Thicken the gravy slightly. Serve separately. (The onions and mushrooms can be placed round the rabbit, if liked, or kept for soup.)

RAGOUT OF RABBIT OR VEAL

1 rabbit, or $\frac{3}{4}$ lb. stewing veal	Piece of thyme	
$\frac{3}{4}$ oz. dripping	Piece of parsley	
1 oz. flour	Blade of mace	} tied in muslin
1 or 2 rashers of bacon	2 cloves	
(if available)	6 peppercorns	
1 small carrot	Stock	
A piece of turnip	Seasoning	
1 onion or $\frac{1}{2}$ leek		

Wash and soak the rabbit, cut into neat joints and dry. If veal is used, cut in neat pieces. Cut the bacon into dice, prepare the vegetables and cut in slices. Put the bacon in a saucepan and fry lightly until transparent. Remove from pan, add the dripping to the bacon fat, heat until smoking, then put in the rabbit joints or the veal, and fry until lightly brown on both sides as for Brown Stew, frying a few pieces of meat at a time. Lift on to a plate, then fry the onion and the flour until a light brown colour. Add the stock, season and bring to the boil. Put in the fried meat, bacon, the herbs, mace, cloves and peppercorns tied in muslin and the carrot and turnip cut into dice. Cover and simmer very gently for $1\frac{1}{2}$ to 2 hours, until the meat is tender, cooking it on top of the stove or in a casserole in the oven. Serve the stew garnished with little heaps of cooked diced carrots and turnips or green peas, when available, placed round the dish.

DISHES MADE WITH DRIED EGGS

Omelettes and Scrambled Eggs in Variety
Egg Savouries
Savoury Puddings and Pies

EGGS

Egg dishes are always popular and are a great help nowadays in planning main meal dishes. They are a highly concentrated and nutritive form of food and because they are easily digested, are invaluable for children and invalids.

Dried eggs have proved their value and can be used to replace fresh eggs quite satisfactorily. The instructions on the packet for storing and reconstituting must be carefully followed to produce a smooth creamy mixture free from lumps. It is advisable to mix the necessary amount of dried egg only when required, because the keeping properties are limited to that of a beaten fresh egg when reconstitution has taken place. It has been proved by recent experiments that, in the making of baked custards, improved results are obtained if the liquid is brought to the boil before being stirred into the reconstituted eggs.

The flavouring of dried egg dishes is no less important than the consistency, and by adding extra flavouring in the form of onions, herbs, minced meat, bacon, piquant sauce, etc., a wide variety of dishes can be achieved in the daily menu.

OMELETTES AND SCRAMBLED EGGS IN VARIETY

TO MAKE AN OMELETTE

First, prepare the pan by heating it over a gentle heat and rubbing meanwhile with a small pad of soft paper and a little kitchen salt, to ensure its being perfectly clean and smooth. (This is instead of using an abrasive scouring powder, which would necessitate washing with water—a process that is not good for the omelette pan.) Then wipe out thoroughly with

a clean tea-cloth, and it is ready for use. About 10 minutes before the omelette is to be cooked the pan should be put over a very low flame, to pre-heat, but no fat should be added at this stage.

Now mix the dried egg with the required amount of cold water (or beat up fresh eggs lightly), add salt and pepper and a flavouring ingredient such as mixed herbs or finely-chopped parsley (if liked).

If margarine is to be used for the frying, it will require to be clarified, to remove any salt and water. To do this, put a little in a small saucepan and heat very gently until it stops spluttering, then allow it to settle, and pour off the fat, leaving any sediment behind in the pan. If lard is used, clarifying is unnecessary.

Heat the pan (it should be as hot as a hot iron), add enough clarified margarine or lard to grease lightly the whole surface. Pour in the prepared egg mixture, stir round rapidly several times with a fork (by which time it should be just set but not browned), then fold up quickly and turn on to a hot dish. Serve at once.

BACON OMELETTE

For two people, allow two eggs (reconstituted) and a small rasher of bacon, or half a rasher. Cut the rasher into small pieces and fry in the omelette pan until crisp. Add a nut of fat to cook the omelette if necessary, then pour the seasoned eggs into the pan and stir rapidly several times with a fork until the mixture is just set but not brown. Fold up quickly, turn on to a hot dish and serve at once.

PLAIN OMELETTE, WITH BACON, SAUTE POTATOES AND GREEN SALAD

For two people, allow :

2 dried eggs (reconstituted) 2 small rashers of bacon
1 lb. cooked potatoes

Fry the bacon rashers carefully until crisp, lift them out of the fat on to a hot dish and keep them warm. Slice the cooked potatoes thickly, fry them in the bacon fat till golden-brown and place on the hot dish with the bacon.

Meanwhile prepare two omelettes and arrange them on the

dish with the sauté potatoes and bacon at either end. Serve at once, with a green salad as an accompaniment.

PLAIN OMELETTE WITH POTATOES, PEAS AND CURRY SAUCE

For two people, allow :

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|--|---|
| 2 dried eggs (reconstituted)
(for omelette) | Salt and pepper
$\frac{1}{2}$ teaspoonful curry powder
(or mulligatawny soup
powder) |
| 1 lb. potatoes | |
| 1 cupful peas | |
| $\frac{1}{2}$ oz. margarine (for sauce) | 1 teaspoonful chutney (or acid
jam) |
| 1 teaspoonful chopped spring
onion | $\frac{1}{2}$ pint milk |
| 2 teaspoonfuls flour | |

To prepare the sauce, melt the margarine and fry the chopped onion for a few moments. Add the curry powder and flour, and mix well. Then add the liquid by degrees and bring to the boil, stirring. Cook for 2 to 3 minutes, season with salt and pepper and the chutney or jam, and leave to simmer gently (covered) while preparing the omelette.

Have ready also the peas and potatoes, and arrange them on a hot dish. Lastly, cook the two omelettes, lay them on the vegetables and coat with the sauce. Serve at once.

MUSHROOM OMELETTE, WITH PIQUANT SAUCE AND MACARONI

For two people, allow :

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|---------------------------------|--|
| 2 dried eggs (reconstituted) | 1 gill vegetable liquor, or stock |
| 2 to 3 oz. mushrooms | Gravy browning |
| $\frac{1}{2}$ to 1 oz. dripping | 1 teaspoonful vinegar |
| 1 teaspoonful flour | 1 teaspoonful piquant sauce,
or ketchup |
| Salt and pepper | |

Cook the macaroni in boiling salted water. Meanwhile slice the mushrooms and fry them in the dripping, then stir in the flour, and add the liquid by degrees, stirring. Bring to the boil and cook for 2 or 3 minutes, then season with salt and pepper, and colour a rich brown with gravy browning. Then add the vinegar and the piquant sauce or ketchup, cover and leave aside to keep warm.

Lastly, cook the omelette. Pile the strained macaroni on a

hot dish, lay the omelette on top and pour the sauce round. Serve immediately.

TO SCRAMBLE EGGS (FRESH OR DRIED)

2 eggs, fresh or dried	Salt and pepper
Knob of margarine	1 dessertspoonful of milk

Beat fresh eggs until light and frothy, or reconstitute the dried eggs with water, add the seasonings and the milk. Melt the margarine in a small saucepan, add the egg mixture and heat gently, stirring until it forms large, soft curds. Dish and serve at once.

CURRIED EGGS ON MASHED POTATOES

WITH BRAISED CARROT BORDER

Add a little curry powder (or mulligatawny soup powder) to the eggs before scrambling them—about $\frac{1}{2}$ teaspoonful to the equivalent of 2 eggs. Dish on a bed of mashed potato and surround with a border of braised carrots tossed in parsley.

SAVOURY EGGS

2 onions	4 dried eggs (reconstituted)
$\frac{1}{2}$ lb. fish roes	2 tablespoonfuls milk
2 to 4 oz. mushrooms	1 tablespoonful chopped parsley
2 oz. margarine	4 slices toast

Seasoning

Fry the roes and onions in the margarine. Place some on each slice of toast and keep hot. Slice the mushrooms and fry in the same margarine. Scramble the reconstituted eggs with the milk and parsley. Season well. Pile the eggs on the roes and onions. Garnish with the fried mushrooms and serve piping hot.

SAVOURY RICE WITH SCRAMBLED EGGS

6 oz. rice	1 onion, or leek
$\frac{1}{2}$ pint vegetable stock	Salt and pepper
$\frac{1}{2}$ oz. dripping	Sprig of parsley

Filling : Scrambled eggs

Melt the dripping, slice the onion or the white part of a leek and add to the dripping and fry until a light brown. Add the dry rice and fry for 4 to 5 minutes, stirring frequently. Pour

EGG DISHES

the stock over the rice, adding salt, pepper and a parsley sprig. Cover and cook very gently until the liquid is absorbed, the rice soft and each grain separate, about 30 to 40 minutes. Do not stir the rice during the cooking, but lift very gently with a fork if necessary. Pack the rice into a ring mould, turn out on to a hot dish and fill the centre with scrambled eggs.

SCRAMBLED EGGS WITH CROUTONS

SERVED WITH POTATOES AND GREEN SALAD

Add small dice of toast or fried bread to the egg before cooking—about 1 oz. to each egg

SCRAMBLED EGGS AND TOASTED CHEESE

WITH TURNIPS AND DANDELION SALAD

For two people, allow :

1 dried egg (reconstituted)	2 rounds of bread
1½ oz. cheese	A little margarine

Toast the bread and spread with a little margarine, then cover with a layer of the cheese, very thinly sliced so that the whole of the surface is covered. Place under a low grill to melt and brown slightly. Meanwhile scramble the egg and spread on top of the toasted cheese. Serve with mashed turnips and a salad of tender young dandelion leaves

SCRAMBLED EGGS AND PRAWNS

½ lb. prawns	4 dried eggs (reconstituted)
2 oz. margarine	1 tablespoonful chopped parsley
Seasoning	2 tablespoonfuls milk

Shell the prawns and heat them gently in the melted margarine. Season well. Pile them in the centre of a hot dish. Add the milk, parsley and seasoning to the reconstituted eggs and scramble the mixture in the pan in which the prawns were heated. Arrange the eggs in a border round the prawns. Serve with watercress.

SCRAMBLED POTATOES

1 cupful diced cooked potatoes	1 gill milk
2 level tablespoonfuls dried egg	Salt and pepper
	A little chopped parsley
	1 rasher bacon

Measure the egg into a basin and blend it to a smooth cream with the milk. Add the salt and pepper and the diced, cooked potatoes. Dice the bacon and fry it lightly in a saucepan until golden-brown and crisp. Add the mixture and cook over gentle heat, stirring until it thickens and forms curds. Pile on a hot dish, sprinkle with a little chopped parsley and serve at once.

EGG SAVOURIES

ANCHOVY EGGS

Cases :

8 oz. mashed potato Salt, pepper

Filling :

2 dried eggs (reconstituted) Seasoning

1 oz. margarine 1 teaspoonful anchovy essence

Garnish :

Coralline pepper, chopped parsley, watercress

Cook the eggs in a small basin standing in water in a saucepan. When cooked, pound with the margarine, seasoning and anchovy essence. Rub through a sieve. Season the mashed potato and form into shapes to represent hard-boiled eggs, cut into two, lengthways. Make a hollow in the centre. Place the egg mixture into a rose pipe and pipe into the hollow. Garnish with coralline pepper and chopped parsley and serve on a bed of watercress.

CHINESE EGG DISH

2 cupfuls of finely-shredded	1 cupful of thin white sauce
cooked cabbage	1 cupful dry boiled rice
2 or 3 dried eggs (reconstituted)	Seasoning

Prepare and shred the required quantity of raw cabbage and cook in a small quantity of water in a covered pan until tender. Reconstitute two or three eggs, according to the number of people being served, season and add a few drops of piquant sauce. Pour into small greased moulds or cups, place in a steamer or a pan of boiling water, allowing the water to come

EGG DISHES

half-way up the cups, cover and cook very gently for about 15 minutes until set. Turn out the custards and cut in slices. Mix the cabbage with the sauce and the dry boiled rice and re-heat. Then add the sliced eggs and shake very gently over the heat to warm the eggs through without breaking them. Turn into shallow fireproof dish and serve very hot.

CREAMED EGGS WITH ONIONS

1 onion	2 teaspoonfuls flour
Little milk	A nut of margarine
4 eggs (reconstituted)	To serve : Mashed potatoes
Pepper and salt	or toast

Peel and slice the onion and place in a saucepan with a little water and salt, cover and cook until tender. Strain off the liquid and make up to a $\frac{1}{2}$ pint with milk. Blend the flour to a smooth cream with a little of this liquid, stir in the remainder, then pour into the pan with the onion, and add the margarine and seasonings. Stir over the heat until the sauce is thick and creamy, adding a little extra milk if necessary to give the consistency of cream. Reconstitute the eggs, stir into the sauce and cook over a gentle heat, stirring constantly until the mixture thickens and boils and the eggs are cooked. Pour into a border of hot mashed potatoes, or on to slices of toast, and serve at once.

EGG AND OATMEAL FRITTERS

Little chopped bacon, tomato, or mushroom	2 dried eggs (reconstituted) Salt, pepper
Fat for frying	$\frac{1}{2}$ tablespoonful freshly-chopped parsley
2 oz. rolled oats	1 teaspoonful baking powder

Melt a little fat in a frying-pan or omelette pan. Fry the chopped bacon or sliced tomato or mushroom, remove from the pan and add to the rolled oats. Mix in the reconstituted eggs, season with salt and pepper and add the chopped parsley. Lightly fold in the baking powder. Have fat hot in the frying-pan and drop the mixture in a spoonful at a time. Fry until set and lightly browned on one side, turn and fry on the other side. Serve very hot as a breakfast or supper dish.

EGG AND POTATO FRITTERS

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|------------------------|-----------------------------|
| 1 tablespoonful flour | Milk and water |
| 1 dried egg (used dry) | Dripping, or bacon fat (for |
| Salt and pepper | frying) |
| 1 large raw potato | A little milk if necessary |

Put the flour, egg and seasoning into a basin and mix thoroughly. Peel the potato, then shred with a coarse shredder into the flour. Make a hollow in the centre of the ingredients and stir in sufficient milk and water to give a thick batter. Drop spoonfuls of the mixture into hot bacon fat or dripping and fry gently until browned, then turn and fry the other side. Serve immediately. Diced bacon or cold sausage could be added to these fritters.

LENTIL, POTATO AND EGG RISsoles

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|-------------------------------------|-------------------------|
| 4 oz. lentils (cooked) | 2 dried eggs (used dry) |
| $\frac{1}{2}$ lb. potatoes (mashed) | 3 oz. grated cheese |
| 2 oz. onion (chopped) | Pepper, salt, mustard |
| | Piquant sauce |

Fry the onion until slightly browned, and mix with the lentils, mashed potatoes and remainder of ingredients. Allow to cool, and shape into rissoles or cutlets and fry in hot fat until golden brown on both sides.

PARSLEY EGGS

Reconstitute the desired number of eggs and add seasoning and sufficient chopped parsley to colour green. Steam in a greased egg poacher, or bake in deep patty pans in a moderate oven until set. Turn on to rounds of toast or sauté potatoes and pour a small spoonful of tomato sauce, mixed with a little piquant sauce on top of each egg. Serve very hot.

POTATO AND EGG CROQUETTES

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|-------------------------------|------------------------------|
| 8 oz. cooked potato, mashed | Pinch mixed herbs |
| or sieved | Salt, pepper |
| 1 tablespoonful dried egg | Sharp sauce |
| 1 tablespoonful grated carrot | Little reconstituted egg and |
| 1 tablespoonful chopped | breadcrumbs for coating |
| parsley | To serve : Piquant sauce |

Mix all ingredients together, seasoning well. Add a little

EGG DISHES

water, if necessary, to moisten. Form into balls or little rolls, egg and crumb and bake in a moderately hot oven (400° to 425° F.) for about 20 minutes till golden brown. Serve with a piquant sauce.

POTATO SURPRISES

Mix 1 cupful of mashed potato thoroughly with 1 tablespoonful dried egg powder, season to taste. Add a cooked sausage cut in dice, or any small pieces of cooked meat or fish which you have available. Form into flat cakes on a floured board and fry in a little hot fat until lightly browned on both sides. Serve very hot.

RICE CAKES

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|------------------------------------|--------------------------|
| 4 oz. rice' | 2 dried eggs (used dry) |
| $\frac{1}{2}$ pint milk | 2 oz. cheese |
| $\frac{1}{2}$ pint stock, or water | Seasoning |
| 1 rasher of bacon (cooked) | Dripping, or cooking fat |

Cook the rice till tender in the milk and stock. The liquid should be absorbed when the rice is cooked. Chop the bacon and add to the rice, together with the dried eggs, cheese and seasoning. When the mixture is cool, turn on to a moistened board and shape into round cakes. Toss in flour.

Melt the fat in a frying-pan, and when smoking fry the rice cakes in it till golden-brown and crisp—allowing 3 minutes for each side.

STUFFED ONIONS

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|-----------------------------------|------------------------------------|
| 4 large onions | Milk, if necessary |
| 2 oz. breadcrumbs | 1 oz. flour |
| 2 to 3 oz. grated cheese | 1 oz. dripping or margarine |
| 1 dried egg (reconstituted) | $\frac{1}{2}$ pint vegetable stock |
| 1 dessertspoonful chopped parsley | Pepper and salt |

Peel the onions and scoop out their centres. Mix the bread crumbs, cheese, reconstituted egg and chopped parsley together to make a soft stuffing, add a little milk if necessary, season to taste. Fill the onions. Fry the chopped onion centres in the fat, then blend in the flour and add the vegetable stock, bring to the boil, and season. Place the stuffed onions in a greased baking-dish, pour the sauce over and bake for about 1½ hours in a moderate oven (375° F.).

VEGETABLE PANCAKE

For two people allow :

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| 2 dried eggs | $\frac{1}{2}$ lb. mixed vegetables, cooked |
| $\frac{1}{2}$ pint vegetable stock, or cold | and diced |
| water | $\frac{1}{2}$ oz. margarine (clarified) |
| Salt and pepper | Mashed or boiled potatoes as
an accompaniment |

Chopped parsley

Mix the eggs to a smooth cream with the vegetable stock or water, add the mixed cooked vegetables and season well with salt and pepper.

Melt the clarified margarine in a fairly large frying-pan and pour in the egg mixture. Cook over a gentle heat without stirring until just set and lightly-browned underneath. Sprinkle with a handful of finely-chopped parsley, fold in half and turn on to a hot dish. Serve at once, with mashed or boiled potatoes as an accompaniment.

SAVOURY PUDDINGS AND PIES

BACON AND EGG SANDWICH

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| 6 oz. shortcrust pastry | 1 dessertspoonful chopped |
| (see p. 109) | parsley |
| About 2 oz. bacon | Pepper and salt |
| 2 dried eggs (reconstituted) | |

Line a fireproof plate with half the pastry. Cut the bacon into 2-inch strips and lay on the pastry. Reconstitute the eggs and season well, add the chopped parsley and pour over the bacon. Cover with pastry as for a plate tart and make a hole in the centre. Glaze with a little reconstituted egg. Cook for 10 minutes in a hot oven (425° F.) and then reduce the heat and cook slowly for a further 20 minutes until the pastry is cooked through. Serve hot or cold.

CHEESE AND EGG NEST

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|------------------------------|-------------------------------|
| 4 dried eggs (reconstituted) | Pepper, salt and mustard |
| 3 lbs. spinach | $\frac{1}{2}$ clove of garlic |
| 3 oz. grated cheese | 1 cupful boiled rice |

A knob of margarine

Wash the spinach thoroughly and cook in a saucepan with

EGG DISHES

a little salt and only just sufficient water to prevent sticking. Drain and chop, return to the saucepan with margarine and seasoning, and heat through. Dish in a ring on an entrée dish.

While the spinach is cooking, reconstitute the eggs and add the rice, cheese and seasonings. Crush the garlic clove with the blade of a knife, and add to the egg mixture. Melt a little margarine in a saucepan, pour in the mixture and cook gently, stirring well with a wooden spoon till thickened. Dish inside the border of spinach.

EGG AND HERRING PIE

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|-----------------------------------|-----------------------------------|
| 2 salt herrings | $\frac{1}{2}$ pint milk and water |
| $\frac{1}{2}$ lb. cooked potatoes | Salt, pepper |
| 2 dried eggs (reconstituted) | 1 tablespoonful chopped parsley |

Split the herrings in two lengthways and steep them overnight in cold water. Remove the bones and the skin and place in a greased pie-dish in alternate layers with the sliced potato, seasoning each layer. Reconstitute the eggs and mix with the milk and water. Pour over the herrings and bake in a moderate oven (350° to 375° F.) till set and lightly browned. Sprinkle the chopped parsley over the top to garnish.

EGG AND RICE LOAF

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|---------------------------------|---|
| 3 oz. rice | 1 tablespoonful chopped onion |
| 1 pint vegetable stock | 1 tablespoonful tomato purée |
| 3 dried eggs (reconstituted) | Seasonings |
| 1 tablespoonful chopped parsley | Parsley or tomato sauce
(see p. 107) |

Put the rice into a saucepan with the stock, cover and cook gently until the rice is tender and all the stock absorbed. Reconstitute the eggs and add them to the rice with the parsley, onion, tomato sauce and seasonings. Turn into a greased pudding basin or a cake-tin and steam or bake in a moderate oven (375° F.) until the mixture is set. This will take about 1 hour. Turn out and serve with parsley or tomato sauce.

EGG AND SAUSAGE FLAN

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|--------------------------------|---------------------------------|
| $\frac{3}{4}$ lb. sausage meat | 1 tablespoonful chopped parsley |
| 2 dried eggs | 1 tablespoonful chopped onion |
| $\frac{1}{2}$ pint milk | Salt and pepper |

FISH, MEAT, EGG AND CHEESE DISHES

Line a sandwich-tin or flan-ring with the sausage meat, about $\frac{1}{2}$ in. thick. Reconstitute the eggs with some of the milk, then add the rest of the milk, the parsley, onion and seasoning. Pour into the sausage case and bake in a moderately hot oven (425° F.) until the custard is set and the sausage meat cooked—about half an hour. Serve hot or cold.

EGG AND VEGETABLE FLAN

Make a flan case with shortcrust pastry and bake it in a hot oven until golden-brown. Fill while still hot with a mixture of cooked vegetables cut into neat pieces. Cover with a few tablespoonfuls of good white or parsley sauce, then return to the oven to heat the filling and finish cooking the pastry. Meanwhile prepare some scrambled eggs, adding a little chopped herbs if possible. Pile on the flan and serve immediately.

LENTIL PIE

8 oz. cooked lentils	4 oz. mashed potatoes
1 finely chopped onion	$\frac{1}{2}$ teaspoonful powdered sage
1 oz. fat	Seasoning

1 dried egg (reconstituted)

A savoury filling, <i>e.g.</i> , minced meat scraps and gravy, cooked vegetables with	savoury sauce, macaroni with a cheese sauce
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Fry the onion slowly in the fat until slightly browned. Mix it with the lentils, mashed potatoes, sage and seasoning, and stir in the reconstituted egg to form a stiff paste. Grease a fireproof dish and line it thickly with the lentil mixture. Decorate the edges with a fork and bake in a moderate oven (400° F.) for 10 to 15 minutes until brown. Fill with the hot savoury mixture and serve at once.

VEGETABLE SOUFFLE

2 tablespoonfuls chopped cooked meat, or fish	$\frac{1}{2}$ pint white sauce (see p. 106)
2 cupfuls cooked, diced vegetables	1 dried egg (reconstituted)
	1 tablespoonful chopped parsley
	Seasoning

Mix the fish or meat, vegetables and parsley with a tablespoonful of the sauce, season, and put mixture in a fireproof dish. Beat the reconstituted egg into the remaining sauce. Pour over the mixture. Bake 15 minutes in a hot oven and oven and serve at once.

CHEESE DISHES

Soups with Cheese
 Cheese and Vegetable Dishes
 Cheese Casseroles and Puddings
 Savoury Pastries and Biscuits
 Supper Snacks, Salads and Sandwich Fillings

CHEESE

Because of the very high nutritive value of cheese, it is important that we should all consume our full ration. Cheese has valuable body-building and bone-strengthening properties. Even when used in very small quantities, it adds much nutritive value and flavour.

Keep cheese in a cool place in a covered dish and wrap in greaseproof paper to retain the flavour and texture. If rather soft, it may be dried slightly by placing it in paper in a muslin bag and hanging in a cool dry place. This renders it easier to grate or shred for culinary purposes.

All cheese scraps should be grated and stored in an airtight jar and used as required for soups, sauces and savoury dishes.

SOUPS WITH CHEESE

AUTUMN POTTAGE

½ lb. haricot beans	1 small tin tomatoes
3 pints stock or water	(if available)
1 oz. fat (<i>to sauté</i>)	1 tablespoonful oatmeal
1 beetroot	Pepper and salt
1 onion	Grated cheese
2 stalks celery	

Steep the beans overnight and use the water for the soup. Prepare and slice the vegetables and sauté them with the beans in a saucepan. Add the seasoned stock and simmer slowly until the beans are quite tender. Sieve the mixture and return it to the pan. Stir in the oatmeal and cook for a further 20 minutes. Serve with grated cheese.

FISH, MEAT, EGG AND CHEESE DISHES

KITTLE BROTH

2 oz. cold toast, or toast crusts	Few drops piquant sauce 1 pint vegetable stock
Salt and pepper	2 cupfuls minced cooked vegetables
1 oz. margarine	
1 oz. grated cheese	

Cut up the toast into small pieces and place it in a basin. Heat the stock and when boiling pour a little of it on to the toast. Beat well until smooth, then add the remainder, also the seasonings and margarine. Lastly, add the finely-minced vegetables, return to the pan and bring just to the boil. Serve at once with the grated cheese.

POTATO, PARSLEY AND CHEESE SOUP

2 lb. potatoes	2 tablespoonfuls finely-chopped parsley
1 quart stock, or water	
$\frac{1}{2}$ oz. flour blended with 1 gill milk, or stock	2 tablespoonfuls finely-grated cheese

Seasonings

Peel and slice the potatoes and cook in the salted stock until really soft. Mash with a fork. Stir in the blended flour and boil for several minutes, stirring constantly. Add extra liquid if necessary to give a creamy consistency. Add seasoning to taste and boil up. Put the grated cheese and chopped parsley in a hot soup tureen and pour the boiling soup on to it.

CHEESE AND VEGETABLE DISHES

BEANS IN LEEK SAUCE

8 oz. haricot beans	$\frac{1}{2}$ pint bean liquor
1 leek	2 or 3 tablespoonfuls milk
1 oz. fat	Pepper and salt
1 oz. flour	Grated cheese to flavour

Soak, cook and drain the haricot beans, reserving $\frac{1}{2}$ pint of the liquor for the sauce. Wash the leek thoroughly and cut it across in thin slices. Melt the fat and fry the leek in it until soft and lightly coloured, then stir in the flour and cook the flour and fat together for several minutes. Add the bean liquor and cook until boiling, stirring constantly until the sauce is smooth and thick. Stir in the milk, add the grated cheese

CHEESE DISHES

and season to taste. Re-heat the beans in the sauce. Serve very hot, with fried potatoes or fried bread.

CHEESE AND BEAN CUTLETS

2 to 3 oz. grated cheese	$\frac{1}{2}$ dried egg (reconstituted)
1 cup minced cooked beans	Seasoning
4 oz. mashed potatoes	Thin batter and breadcrumbs
Tomato sauce, or tomato pulp	for coating

A little dripping

Mix the cheese, potato, beans and seasoning thoroughly together, moisten slightly with tomato sauce and reconstituted egg. Place on a floured board, divide into the desired number of portions and form into rolls. Coat with thin batter and breadcrumbs, place in a baking-tin with a little heated fat and bake in a moderately hot oven (425° F.) until brown, 10 to 15 minutes. Dish up and serve with tomato, brown, or cheese sauce.

CHEESE COVERLET

4 oz. dry bread	Salt and pepper
$\frac{1}{2}$ pint milk and water	Mustard
3 oz. cheese	2 large leeks
$\frac{1}{2}$ oz. dripping or margarine	

Crumble the bread and place in a bowl. Heat the milk and water, pour over the bread, and leave to soak for 5 to 10 minutes.

Meanwhile, slice or chop the leeks and sauté them in the dripping or margarine for about 5 minutes, season, and place in the bottom of a pie-dish or fireproof dish.

Beat up the soaked breadcrumbs well, add the cheese, finely grated, and season to taste with salt, pepper and mustard. Pour this mixture over the leeks, and bake in a moderately hot oven (400° F.) until set and browned, about $\frac{1}{2}$ to $\frac{3}{4}$ hour. Serve at once.

CHEESE DUCKS

1 breakfast cup mashed potato	1 small carrot
1 breakfast cup cooked rice	1 small onion
2 tablespoonfuls breadcrumbs	1 teaspoonful mixed herbs
2 to 3 oz. grated cheese	2 teaspoonfuls chopped parsley
1 oz. margarine (chopped or melted)	Seasoning
	Nutmeg

FISH, MEAT, EGG AND CHEESE DISHES

Chop or grate the onion and carrot. Mix all the ingredients together, season well and add a little grated nutmeg. Shape into balls and pack closely into a greased baking dish or tin. Bake in a hot oven (450° F.) for 25 to 30 minutes till golden brown and firm.

Serve in place of vegetables, with meat or as a supper savoury.

CHEESE FLODDIES

2 raw potatoes	A little flour
1 oz. grated cheese	1 tablespoonful chopped parsley
Salt to taste	Frying fat

Grate the potatoes. Add the cheese and salt and stir in sufficient flour to form a fairly stiff dough. Heat the fat in a frying-pan. Drop in spoonfuls of the mixture and fry until brown (3 to 5 minutes each side). Drain well and serve on a hot dish, sprinkled with chopped parsley.

CHEESE, ONION AND POTATO PIE

2 lb. cooked potatoes	$\frac{3}{4}$ pint white sauce (see p. 106)
1 or 2 small onions	Pepper, salt and mustard
4 tomatoes (if available)	2 to 3 oz. grated cheese

Peel the onions, cut in quarters, cook in a small quantity of water until tender, and drain. Make a rather thin sauce, using onion water and milk. Add a little of the cheese and season to taste. Slice the vegetables, heat through in the sauce, then turn into a shallow fireproof dish. Sprinkle the remaining grated cheese on top and brown under the grill.

CHEESE STUFFING FOR VEGETABLES

3 oz. breadcrumbs, or soaked bread	Milk or sauce to bind
	2 oz. grated cheese
A little finely-chopped onion	Dry mustard
A little finely-chopped parsley	Salt, pepper
	1 oz. fat (melted)

Make breadcrumbs or soak the bread, squeeze until dry, then beat with a fork until smooth. Add the onion, parsley, cheese, seasoning and the melted fat. Add chopped mushroom trimmings or tomato pulp, if these vegetables are being

CHEESE DISHES

stuffed. Moisten with milk or sauce and use for Stuffed Mushrooms or Stuffed Tomatoes, below.

STUFFED MUSHROOMS

Pile mixture on mushrooms, sprinkle with grated cheese, place on a bed of creamed potatoes and bake about 7 minutes in a hot oven (425° F.) until mushrooms are tender and the top lightly browned.

STUFFED TOMATOES

Scoop out inside of tomatoes, add pulp to filling, fill cases with the mixture. Sprinkle with cheese. Bake about 10 minutes in moderately hot oven (400° F.) and serve with mashed potatoes or green vegetables.

CUCUMBER RISOTTO

1 small cucumber	8 oz. rice
1 onion	$\frac{1}{2}$ pint stock or water
A little chopped apple	Seasoning
Dripping for frying	3 oz. grated cheese

Peel the cucumber and slice fairly thinly. Prepare the onion and slice. Sauté together in a strong saucepan or stewpan with the chopped apple and rice, till lightly browned. Add the boiling stock or water and cook very slowly, without stirring, for about an hour till the rice is quite tender and the liquid is absorbed. Season and add the grated cheese. Serve very hot, garnished with chopped parsley.

POTATO CAKE WITH ONIONS

1 $\frac{1}{2}$ lb. potatoes	2 large onions
1 oz. dripping	Seasoning
	1 oz. grated cheese

Cut the onions into thin slices and cook them lightly in the dripping until they are a golden-brown. Bake the potatoes in their jackets, then remove the skins and beat up well with a fork. Mix the onions with the mashed potatoes; season well and put into a greased, flat earthenware dish. Sprinkle with the grated cheese and brown in a hot oven.

FISH, MEAT, EGG AND CHEESE DISHES

RICE PATTIES WITH TOMATOES

4 oz. rice	1 oz. margarine
1 small onion	1 pint vegetable stock
1 oz. cheese	Baked tomatoes
2 teaspoonfuls dried egg	1 tablespoonful tomato sauce

Melt the margarine in a frying-pan and lightly fry the rice and chopped onion in it. Cook in vegetable stock till tender and mix with cheese, tomato sauce and dried egg. Fill greased moulds (or small basins) with the mixture, cover with paper and steam for about 30 minutes. Turn out on to a hot dish. Garnish each mould with half a baked tomato or serve cold with salad or with tomato sauce.

N.B.—If to be served cold, allow to cool in the moulds and dip in hot water to turn out.

SAVOURY BEANS

½ lb. cooked haricot or butter beans	2 oz. grated cheese
	Cayenne and salt
1 tablespoonful bacon fat or dripping	2 tablespoonfuls milk
	1 tablespoonful chopped parsley

Melt the bacon fat, add the cooked beans, grated cheese, seasonings and milk, and shake over the heat until the cheese is melted. Pile in a hot dish, sprinkle with the chopped parsley and serve with a green vegetable.

SAUSAGE FLICKS

½ lb. sausages	Seasonings
Cooked vegetables	Frying fat
1 teaspoonful chopped parsley	
(Grated cheese and chopped parsley (for garnish))	

Skin the sausages and work in the chopped vegetables and seasonings. Spread mixture on a plate and divide into six portions. Place on a floured board and shape neatly into triangular shapes. Fry until cooked and brown on both sides, about 8 to 10 minutes in all. Place on a warm dish, sprinkle with the grated cheese and parsley and serve hot.

CHEESE DISHES

SPINACH AND POTATO RING

2 lb. cooked spinach	2 to 3 oz. grated cheese
1 lb. cooked potatoes	1 or 2 tablespoonfuls thick
3 oz. breadcrumbs or soaked bread	table sauce
½ pint milk	Made mustard, pepper and salt
	Paprika to garnish

Mash the potatoes, mix with the chopped spinach, pack into a border mould to shape, turn on to a hot dish and keep warm. (If a border mould is not available, pile round the edge of the dish). Put the breadcrumbs, or bread soaked with the milk, in a saucepan and heat gently until the mixture thickens. Add the grated cheese, stir and heat until it is melted. Season carefully, stir in the table sauce, pour into centre of ring and garnish with paprika.

HARICOT RISsoles

½ lb. haricot beans	1 cup grated raw carrot
3 oz. grated cheese	1 grated raw onion
1 cup breadcrumbs	Pepper, salt and nutmeg

Wash the beans and steep overnight. Cook in the steeping water till tender, then mash till smooth. Add the remaining ingredients and mix well. Shape into small rissoles on a crumbed board. Bake on a well-greased tin for 30 minutes in a moderate oven (400° F.).

Serve hot with vegetables, or cold with salad.

SWEDES AU GRATIN

1 lb. swede turnip	Seasoning
2 to 3 oz. grated cheese	½ pint milk
Nutmeg	1 tablespoonful breadcrumbs

Peel and cut the swede turnip into very thin slices, place them in layers in a fireproof dish and sprinkle each layer with grated cheese, a little nutmeg, salt and pepper. Reserve 1 heaped tablespoonful of cheese for the top. Barely cover the turnip with milk, or milk and water, and mix the remaining cheese and breadcrumbs together, sprinkle them over the top. Bake in a moderate oven (375° F.) for ¾ to 1 hour until the swede is tender and the top nicely browned.

CHEESE CASSEROLES AND PUDDINGS

APPLE AND CHEESE CHARLOTTE

3 ozs. lentils	1 oz. margarine
½ lb. cooking apples	4 oz. stale breadcrumbs
Small piece of onion	2 to 3 oz. grated cheese
	Salt, pepper

Wash the lentils, peel, core and slice the apples and chop the onion. Cook together in a little water. The water should all be absorbed at the end of cooking. Season and beat well till smooth and creamy. Mix the cheese and breadcrumbs together and season. Place alternate layers in a pie-dish, finishing with a good layer of the breadcrumb mixture. Place some pats of margarine on top and bake in a hot oven (450° F.) for about 10 to 15 minutes till well browned.

BAKED BEAN PIE

½ lb. haricot beans	Salt and pepper
Approx. 1 pint water	2 tablespoonfuls tomato purée
½ oz. fat	A little vegetable extract
½ oz. flour	3 oz. cheese

Soak the haricot beans overnight and cook them until tender in about a pint of water, with a little salt added. Then remove and strain them, saving the liquor. Melt the fat in the pan, stir in the flour to make a roux, and add ½ pint liquor from the beans. Bring to the boil, stirring, then add the tomato purée and season well with salt, pepper and a little vegetable extract. Add the beans to this sauce, and when thoroughly hot pour into a greased pie-dish or casserole and cover with the cheese, very coarsely shredded. Place in a hot oven or under a slow grill to heat through and brown slightly before serving.

CHEESE RISOTTO

Bacon scraps	2 cupfuls mashed potato
1 chopped leek	2 to 3 oz. grated cheese
1 cupful rice (boiled)	Seasoning

Lightly fry the bacon scraps and leek in a saucepan. Put the rice, two-thirds of the grated cheese and the seasoning into the pan and re-heat thoroughly. Pipe a potato border around

CHEESE DISHES

a fireproof dish, pile the risotto in the centre, sprinkle with the remainder of the grated cheese and brown quickly under a grill.

CHEESE AND VEGETABLE CHARLOTTE

1½ lb. mixed vegetables—	1 dried egg (reconstituted)
cauliflower, carrots,	½ pint white sauce (see p. 106)
runner beans, etc.	1 cupful breadcrumbs
Seasoning	2 oz. cheese

Parboil the prepared vegetables, strain and cut into small pieces. Mix them with the white sauce, season and add the dried egg. Empty into a soufflé dish or pie-dish and sprinkle the top with a thick layer of crumbs and cheese mixed. Bake in a moderately hot oven (400° F.) until vegetables are tender (½ to ¾ hour).

MACARONI AND VEGETABLE CASSEROLE

1 tin mixed vegetables	1 onion
4 oz. cooked macaroni	Seasoning
1 oz. fat	Stock, or water
	2 oz. grated cheese

Heat the fat in a frying-pan. Fry the onion until slightly browned and combine with the macaroni and mixed vegetables. Add the seasoning and sufficient stock or water to moisten slightly. Turn into a fireproof dish. Sprinkle the top with the grated cheese and re-heat in a moderate oven (375° F.) for 20 minutes, or until the surface is nicely browned.

MIXED VEGETABLE CASSEROLE

½ lb. onions	½ pint milk
½ lb. carrots	½ pint water
1 lb. potatoes	Seasoning
1 lb. peas, or ½ lb. runner	1½ oz. flour
beans	2 to 3 oz. cheese

Prepare and slice the vegetables according to kind, dip them in well-seasoned flour, and place alternately with layers of grated cheese in a casserole. Finish with a layer of potatoes, cover with the liquid and sprinkle a little cheese on the surface. Cook in a moderate oven for ¾ to 1 hour. If liked, the lid may be removed for the last 15 minutes in order to brown.

FISH, MEAT, EGG AND CHEESE DISHES

PEASANT CASSEROLE

4 oz. toast, or toast crusts	1 oz. cheese
1 large onion or leek	1 pint milk and vegetable stock
1 oz. margarine	(mixed)

Salt and pepper

Slice the onion or leek and sauté for about 10 minutes, stirring frequently. Then turn into a casserole, add the toast, cut into dice, and the liquid. Season with salt and pepper, and sprinkle the finely-grated cheese on the top. Cover closely, simmer for 10 to 15 minutes without stirring, and serve at once.

POTATOES AU GRATIN

1½ lb. potatoes	2 or 3 mushrooms
½ pint thin white sauce (made with potato water and milk (see p. 106)	Grated cheese
	Seasoning

Cook the potatoes, cut in slices and add to the sauce. Season, add a little cheese, empty into a shallow fireproof dish, sprinkle with cheese and finely-chopped mushroom, and brown under the grill.

POTATO NOODLES WITH CHEESE

1 lb. potatoes	Salt
½ lb. flour	2 slices bacon
1 dried egg (used dry)	Little margarine
1 tablespoonful milk	Grated cheese

Cook the potatoes and pass them through a hair sieve. Add the flour, salt, egg and milk and work the mixture with the fingers into a paste. Roll out to ½ in. thick and cut into strips ½ in. wide and about 2 in. long. Cook in boiling salted water—when they float on top of the water they are cooked enough. Put them on a hot dish with a very little margarine and plenty of grated cheese. Serve garnished with the bacon cut into small squares and fried.

SCALLOPED POTATOES

1½ lb. potatoes	Small piece of chopped onion
1 tablespoonful flour	1 tomato
Pepper and salt	Chopped parsley
2 or 3 oz. cheese	Milk and water

CHEESE DISHES

Wash and peel the potatoes and cut into slices. Arrange in layers in a casserole, sprinkling each layer with the chopped tomato, onion and parsley and with seasoning, flour and a little grated cheese.

Put a thick sprinkling of cheese on the top layer, add sufficient milk and water to come half-way up the potatoes, cover and bake in a moderately hot oven (400° F.) for about 45 minutes. Remove lid 15 minutes before serving, to brown top.

SAVOURY BAKED RICE

1 small onion	A little made mustard
Dripping	1 pint milk, or milk and water
1½ oz. rice	2 to 3 oz. grated cheese
Salt and pepper	1 dried egg (optional)

Peel and chop the onion and fry lightly in a little dripping. Wash the rice and place with the onion, salt, pepper and mustard in a greased pie-dish. Pour in the milk and water and cook in a moderate oven (350° F.) for about 2 hours, stirring once or twice during cooking. Remove from the oven and stir in the grated cheese and the dried egg (reconstituted). Return to the top of shelf of the oven and allow to set lightly and brown.

SAVOURY PASTRIES AND BISCUITS

CHEESE BUTTERFLIES

4 oz. potato pastry (see p. 109)

Potato and cheese filling :

4 oz. mashed potatoes

1 oz. melted margarine

2 oz. grated cheese

Salt and pepper

Little cayenne

Little dry mustard

Garnish :

Chopped parsley

Watercress

Coralline pepper

Make the pastry and roll out about ¼ in. thick. Cut with a small, round, fluted biscuit cutter and divide into pairs, cutting one circle of each pair in half. Bake in a hot oven on a greased tin for 20 minutes, till golden-brown and crisp. Make the filling by thoroughly mixing all the ingredients together, taking care to season well. Pile the filling on the round biscuit

FISH, MEAT, EGG AND CHEESE DISHES

and arrange the two halves on top to give the appearance of butterfly wings. Garnish with chopped parsley and coralline pepper and arrange on a dish with a pile of watercress.

CHEESE AND CELERY BISCUITS

2 oz. flour	1 oz. fat
$\frac{1}{2}$ teaspoonful baking powder	1 oz. sieved cooked potato
Pinch of salt	1 oz. medium oatmeal
Water	

Filling :

2 oz. grated cheese
Salt, pepper, cayenne
1 tablespoonful chopped
celery
A little milk

To decorate :

Coralline pepper
Chopped parsley
Watercress, or mustard and
cress

Mix flour, baking powder and salt. Cut and rub in fat. Add oatmeal and sieved potato and mix to a stiff paste with a very little water. Roll out, prick, cut into rounds, fingers or diamond shapes and bake in a hot oven (450° F.) for about 10 minutes. Allow to cool on a cake-rack. Meanwhile, mix the cheese, seasoning and celery with a little milk to give a mixture of spreading consistency. Pile on top of the biscuits, garnish with coralline and chopped parsley and serve with watercress or mustard and cress

CHEESE BREAD

8 oz. flour	$\frac{1}{2}$ teaspoonful sugar
$\frac{1}{2}$ gill hot water	$\frac{1}{2}$ dried egg (reconstituted)
$\frac{1}{2}$ oz. sugar	4 oz. grated cheese
$\frac{1}{2}$ teaspoonful salt	
$\frac{1}{2}$ oz. yeast	
1 tablespoonful lukewarm water	

Mix hot water, salt and $\frac{1}{2}$ oz. sugar in a small basin, allow it to cool. Soften the yeast in lukewarm water with $\frac{1}{2}$ teaspoonful sugar and mix both together. Stir in beaten egg, pour liquid over grated cheese and add as much of the flour as can be stirred into dough without kneading. Knead on a board with the remaining flour until easily handled (2 or 3 minutes). Shape into 2 small loaves or 1 large one, place in a

greased tin, cover with a clean towel and allow to rise in a warm place until nearly twice the size. Bake in a moderately hot oven (375° F.) for about 45 minutes. Remove from tin, brush with melted butter, cool on rack.

CHEESE D'ARTOIS

4 oz. potato pastry rolled into 2 long narrow strips

Filling :

1½ oz. grated cheese	Salt, pepper and cayenne
1 dried egg (reconstituted)	Watercress to garnish
1 oz. margarine	

Mix all filling ingredients smoothly and spread on one piece of pastry. Cover with the other strip and cut into finger lengths. Bake on a greased tin in a hot oven (425° F.) for about 10 minutes. Serve piled on a hot dish garnished with watercress.

CHEESE FLAN

4 oz. shortcrust pastry

Filling :

2 to 3 oz. grated cheese	1½ dried eggs (reconstituted)
2 oz. fresh breadcrumbs	½ pint milk
Pepper, salt and mustard	

Line a flan ring with pastry and bake "blind" in a hot oven (425° F.) until the pastry is set (about 10 minutes). Mix the cheese, breadcrumbs and seasoning. Beat the eggs and add the milk, mix with the breadcrumbs and cheese. Leave to soak for a few minutes, if possible, then pour into a flan case. Bake in a moderately hot oven (400° F.) for about 20 minutes, until the flan is nicely browned and the filling set. Serve hot, or cold with salad.

CHEESE AND LEEK FLAN

Pastry :

4 oz. flour

1 oz. fat

1 to 2 oz. grated cheese

Salt and cayenne pepper

Cold water to mix

FISH, MEAT, EGG AND CHEESE DISHES

Filling :	$\frac{1}{2}$ oz. flour
2 or 3 leeks	Seasoning
1 oz. fat	1 oz. grated cheese
$\frac{1}{2}$ pint milk and water	

Make the pastry in the usual way, line a flan ring and bake "blind." Wash the leeks thoroughly and cut in thin slices. Melt the fat and fry the leeks until tender and golden-brown. Cover with the milk and water and simmer until soft. Drain, and place in the flan case. Blend the flour with a tablespoonful of milk and add to the liquid in the saucepan. Stir until boiling and thick, then season and pour over the leeks; sprinkle the top with grated cheese and brown in a hot oven (450° F.). Serve hot.

CHEESE AND OATMEAL TURNOVERS

7 oz. flour	2 teaspoonfuls baking powder
2 oz. fine oatmeal	$\frac{1}{2}$ oz. cooking fat
$\frac{1}{2}$ teaspoonful salt	Milk and water to mix
About $1\frac{1}{2}$ oz. cheese	

Mix the flour, oatmeal, salt and baking powder together and rub in the fat with the tips of the fingers until no lumps can be felt. Make a well in the centre of the ingredients and add the liquid to make a soft light dough. Turn on to a floured board and cut into six pieces. Pat and roll out the pieces into rounds, place 1 teaspoonful of grated cheese in the centre of each, damp the edges and fold over to make a turnover. Place on a floured baking sheet and bake in a hot oven (450° F.) for about 10 minutes. Cool on a cake rack.

CHEESE AND ONION PIE

6 oz. shortcrust pastry	Seasoning
(see p. 109)	2 to 3 oz. grated cheese
2 medium-sized onions	2 tablespoonfuls milk
1 tablespoonful flour	

Roll out three-quarters of the pastry large enough to cover a greased plate. Cut the onions into rings and coat them with seasoned flour, place on the pastry. Pour over the milk and sprinkle on the cheese. Roll out the remainder of the pastry, cut into $\frac{1}{2}$ in. strips and place lattice fashion over the top. Bake in a hot oven (425° F.) for 30 to 40 minutes.

CHEESE DISHES

CHEESE TART

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| 6 oz. shortcrust pastry
(see p. 109) | 2 dried eggs (used dry) |
| 2 to 3 oz. cheese | 1 tablespoonful flour |
| Seasoning | |
| $\frac{1}{2}$ pint milk | $\frac{1}{2}$ lb. tomatoes |

Line a greased plate or tin with the pastry. Mix the flour, cheese and dried eggs together and gradually stir in the milk, keeping the mixture smooth. Pour over the pastry and bake in a moderately hot oven (400° F.) for 30 to 40 minutes till the custard is set and the pastry brown and crisp. About five minutes before the tart is cooked remove from the oven and garnish with raw sliced tomatoes. Return to oven to cook the tomatoes.

CHEESE AND VEGETABLE OPEN TART

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| 4 oz. potato pastry (see p. 109) | 2 oz. grated cheese |
| $\frac{1}{2}$ lb. mixed cooked vegetables | $\frac{1}{2}$ pint white sauce (see p. 106) |
| Salt and pepper | |

Line a greased flan-ring with the pastry and bake in a hot oven (425° F.) for 25 to 30 minutes. Remove the flan-ring and fill the pastry with the hot vegetables, white sauce and most of the grated cheese. Sprinkle the remainder of the cheese on the top. Either return to the oven to brown or place under a grill. Serve hot or cold.

LENTIL AND CHEESE PATTIES

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| 6 oz. shortcrust or potato
pastry (see p. 109) | 3 oz. lentils |
| | Seasoning |
| $\frac{1}{2}$ small onion | A little tomato purée or sauce |
| Dripping for frying | Stock or water |
| 2 oz. grated cheese | |

Chop the onion and fry lightly in a little dripping in a thick saucepan or stew-pan. Add the lentils, seasoning, tomato purée or sauce and sufficient stock or water to cover. Bring to the boil and simmer till cooked and the liquid is all absorbed. Add the grated cheese and re-season if necessary. Allow to cool. Roll the pastry into rounds. Place a little of the filling in the centre of each round, damp the edges, fold over, seal and decorate. Brush with a little reconstituted egg and bake

FISH, MEAT, EGG AND CHEESE DISHES

in a hot oven (450° F.) for about 15 minutes, till the pastry is cooked and nicely browned. Serve with salad and a good sauce.

POTATO AND CHEESE CAKES

1 lb. cooked potatoes	Pepper and salt
2 oz. cheese	2 to 3 oz. flour
1 tablespoonful rolled oats	

Mash the potatoes very finely, add the cheese and seasonings and work in sufficient flour to bind. Form into a flat cake, sprinkle with rolled oats, press them on well and cut into six or eight sections. Place on a baking-tin and bake in a hot oven (450° F.) for about 20 minutes.

SAVOURY BISCUITS

3 oz. plain flour	1½ to 2 oz. grated cheese
1 oz. fat	Salt, pepper, mustard
3 oz. rolled oats, or medium oatmeal	Little piquant sauce (if liked)
	Water to mix

Sift the flour and rub in the cooking fat till the mixture is like breadcrumbs. Add the oatmeal or rolled oats, the grated cheese and the pepper, salt and a little mustard. Mix to a stiff dough with water, to which may be added a little piquant sauce. Roll out about ¼ in. thick, cut in fingers and bake in a hot oven (425° to 450° F.) for 10 to 15 minutes.

SAVOURY PIE

6 oz. shortcrust pastry (see p. 109)	1 lb. tomatoes
<i>Filling :</i>	3 oz. cheese
Small head celery	1 rasher of bacon
1 lb. potatoes	Seasoning
½ pint milk	

Cut the celery into short lengths and cut potatoes into slices about ¼ in. thick. Skin the tomatoes and cut into quarters. Grate the cheese and chop the bacon. Place all these ingredients in a greased pie-dish, add the milk and a little extra water if necessary (liquid should half cover vegetables). Cook in a moderate oven (350° F.) for about 1 hour. Cover with pastry. Bake in a hot oven (450° F.) till the pastry is crisp and brown (about 20 minutes).

CHEESE DISHES

SAVOURY VEGETABLE TART

- | | |
|---|---|
| 3 oz. shortcrust pastry
(see p. 109) | 2 teaspoonfuls chopped onion |
| 2 cupfuls cooked vegetables | 1 to 2 oz. cheese |
| A few mushrooms
(if possible) | $\frac{1}{2}$ pint white sauce (see p. 106) |
| | Seasoning |

Line an enamelled pie-dish or flan ring with the pastry. Mix the cooked vegetables with some of the sauce, adding a little grated cheese, seasoning, onion and the mushrooms sliced and fried. Coat with remaining sauce, sprinkle with grated cheese and bake in a hot oven (425° F.) 20 to 30 minutes.

SAVOURY TARTLETS

- | | |
|---|----------------------------|
| $\frac{1}{2}$ lb. shortcrust pastry
(see p. 109) | $\frac{1}{2}$ lb. tomatoes |
| $\frac{1}{2}$ lb. mushrooms | About 2 oz. grated cheese |

Make tartlets from shortcrust pastry and bake them "blind," only just cooking them. Peel and trim the mushrooms and poach them. They should be of uniform size and fit the tartlets. Chop the tomatoes. Place a mushroom on each tartlet cup side upwards, fill with crushed tomato, season, and sprinkle thickly with grated cheese. Place in a hot oven or under the grill to brown the cheese.

SUSSEX PIE

- | | |
|---|--------------------------|
| 8 oz. shortcrust pastry
(see p. 109) | 2 to 3 oz. grated cheese |
| 1 lb. fresh tomatoes | 2 oz. breadcrumbs |
| 1 small onion, or shallot | 2 oz. mushrooms |
| 1 oz. dripping | Pepper and salt |

Line a pie-dish with shortcrust pastry and decorate the edge. Cook the tomatoes and rub through a sieve. Chop the onion finely and fry lightly in a little dripping. Mix half the cheese and half the breadcrumbs with the purée, add the fried onion and season well. Place the mixture in the pastry case and put the rest of the cheese and breadcrumbs on top. Dot the top with pieces of dripping or margarine (if available). Bake in a moderately hot oven (400° F.) for about 30 minutes.

ECONOMICAL CHEESE AIGRETTES

4 oz. flour	2 dried eggs (reconstituted)
Salt, pepper, mustard	$\frac{1}{2}$ pint milk and water
$\frac{1}{2}$ level teaspoonful bicarbonate of soda	2 to 3 oz. grated cheese
	2 teaspoonfuls vinegar

Sieve the flour, seasonings and bicarbonate of soda into a bowl, and make a well in the centre. Reconstitute the eggs, mix with a little of the milk, and pour into the well, stirring in the flour mixture gradually, and adding more milk when required to keep the batter fairly thin. Beat thoroughly. Stir in the grated cheese. Put a little fat into about 8 to 10 patty tins and heat in the oven. When a faint blue smoke begins to rise from the fat, stir the vinegar into the batter and pour the mixture into the tins to half-fill them. Bake in a hot oven (450° F.) for about 15 minutes till well risen and brown. Serve immediately.

SUPPER SNACKS, SALADS AND
SANDWICH FILLINGS

BACON AND CHEESE RAREBIT

2 to 3 oz. grated cheese	Thinly-sliced bread
$\frac{1}{2}$ oz. margarine	Salt and pepper
1 dried egg (reconstituted)	1 or 2 thin rashers of streaky
Mustard	bacon
1 teaspoonful piquant sauce	

Melt the margarine in a pan and mix with the grated cheese, reconstituted egg, made mustard, piquant sauce, and salt and pepper. Spread the mixture thickly on thin slices of bread, cut in squares, and top with a thin slice of bacon. Arrange on a fireproof dish and bake in a moderate oven (375° F.) for about 15 minutes until the cheese fluffs up and the bread becomes brown. Serve at once.

CELERY BARS

2 or 3 stalks of celery	Salt, pepper, mustard
2 oz. sieved cooked potato	Paprika
Milk and water	Watercress
2 oz. grated cheese	Chopped parsley
Cut the celery into 3 in lengths. Beat a little warm milk	

CHEESE DISHES

and water into the potato and make it soft and creamy. Add the grated cheese, season and warm in a saucepan to melt the cheese, blending the ingredients well together. Allow to cool and pile into the centre groove of each piece of celery. Garnish with a little paprika and chopped parsley and serve on a bed of watercress.

CHEESE AND CELERY SAVOURY

- | | |
|------------------------------------|------------------------------|
| 1 small head of cooked celery | 3 dried eggs (reconstituted) |
| $\frac{1}{2}$ oz. melted margarine | Salt, cayenne, mustard |
| 1 oz. grated cheese | 2 cupfuls mashed potatoes |

Cook the celery and chop fairly small. Melt the margarine, add to it the cheese, seasonings, reconstituted eggs and celery. Mix thoroughly. Press the potato into a frying pan and fry on one side only, place the celery mixture on the untoasted side and cook slowly under a low grill (unless the oven is in use). Turn up the grill for final browning. This makes a good supper dish, or may be served as a savoury if cut into fingers.

CHEESE SHAPES

- | | |
|--|---|
| $\frac{1}{2}$ oz. custard powder | $\frac{1}{2}$ breakfastcupful breadcrumbs |
| $\frac{1}{2}$ pint milk | 2 oz. cheese |
| $\frac{1}{2}$ teaspoonful made mustard | Seasoning |

Mix the breadcrumbs and custard powder in a saucepan. Stir in the milk gradually, add the mustard, seasoning and cheese and stir until boiling. Pour the mixture into wetted moulds and allow to set. Dish up on a bed of endive, lettuce or watercress.

CHEESED POTATOES

- | | |
|-------------------------------|---------------------------------|
| 4 large potatoes | 2 oz. cheese |
| 1 tablespoonful chopped onion | 4 tablespoonfuls cooked spinach |
| Pepper, salt | |
| 2 tablespoonfuls milk | |

Select large, even-sized potatoes, scrub and dry. Place on oven rack and bake until tender. Cut a slice from the top of each potato and scoop out inside. Mash thoroughly to remove all lumps and beat until smooth and fluffy, adding a little milk and seasoning, the finely-chopped onion, chopped spinach and half the grated cheese. Pile the mixture lightly into the potato cases, rounding the tops, sprinkle with the remaining grated cheese and a little chopped onion, and re-heat in a hot oven.

CREAMY CHEESE TOASTS

- | | |
|--|-------------------------------------|
| 1 large cooked onion, or | 2 oz. grated cheese |
| 1 cupful cooked vegetables | Pepper, salt and made mustard |
| $\frac{1}{2}$ pint of milk and vegetable | $\frac{1}{2}$ teaspoonful vegetable |
| boilings | extract |
| 1 small tablespoonful flour | 4 slices of toast |

Chop the onion or vegetables in small pieces. Make a creamy white sauce with the liquid and flour, and add half the grated cheese, the chopped vegetables, seasoning and vegetable extract to flavour. Pile on to the toast, sprinkle with remaining cheese and brown under grill.

ECONOMICAL WELSH RAREBIT

- | | |
|-------------------------------|---------------------------|
| 1 gill milk | Seasoning |
| 1 oz. fresh, fine breadcrumbs | 1 teaspoonful sharp sauce |
| 2 to 3 oz. grated cheese | Toast |

Heat the milk, add the breadcrumbs and stir until thick. Season, add half the cheese and the sharp sauce. Spread on slices of toast, sprinkle with the remaining cheese and brown under the grill.

STEWED TOMATOES WITH CHEESE

- | | |
|----------------------------|-----------------------------|
| 1 lb. tomatoes | 2 fresh mushrooms |
| 1 onion or clove of garlic | 1 oz. dripping for frying |
| 1 teaspoonful salt | 1 teaspoonful sugar |
| Pinch of pepper | 1 tablespoonful top-of-milk |
| 1 oz diced bread | 2 oz. grated cheese |

Cut tomatoes into quarters, mix with the finely-chopped onion or crushed garlic clove, seasoning, sugar and diced bread. Slice mushrooms, fry lightly in a saucepan, then add tomato mixture, cover, and stew for 10 minutes. Stir in 1 tablespoonful top of milk, and the grated cheese, re-heat and serve poured over slices of toast. Serve with green vegetables.

TOASTED CHEESE

- | | |
|---------------------------------|------------------------------|
| $\frac{1}{2}$ lb. mashed potato | 1 teaspoonful minced chopped |
| 2 to 3 oz. cheese | onion or leek |
| Salt, pepper and mustard | A knob of margarine |

Melt the knob of margarine in a saucepan and sauté the chopped onion in it for a few moments. Add the cheese,

CHEESE DISHES

coarsely grated, and the sieved mashed potato. Heat gently, stir well until smooth and creamy in texture. Add salt, pepper and mustard to taste, pile on slices of freshly-made toast thinly spread with margarine, and serve at once. If convenient, brown under the grill before serving.

TOMATOES STUFFED WITH MACARONI CHEESE

- | | |
|---------------------------------|--------------------------------|
| 3 large, firm tomatoes | 3 tablespoonfuls grated cheese |
| 3 oz. cooked macaroni | 1 gill thin white sauce |
| 1 tablespoonful chopped parsley | (see p. 106) |
| | Raspings |

Cut thin slices off the top of the tomatoes to form lids. Scoop out the pulp (use for stews, sauces, etc.). Mix the macaroni, the sauce and half of the cheese, season well. Fill up the tomatoes and bake in a moderate oven (375° F.) for 10 minutes. Garnish with the remainder of the mixture or cooked green vegetables and sprinkle with chopped parsley.

WINTER SALAD

- | | |
|---------------------------------------|---|
| 1 lb. cooked potatoes, diced | 1 tablespoonful shredded raw |
| 1 teaspoonful chopped parsley | beetroot |
| 1 tablespoonful chopped onion | 1 tablespoonful shredded |
| or leek | carrots |
| 1 tablespoonful chopped celery | 2 eating apples, diced |
| 2 tablespoonfuls shredded raw cabbage | 2 tablespoonfuls French dressing (see p. 108) |

Grated cheese, pepper and salt

While the potatoes are still warm, add the parsley and onion, then the rest of the vegetables and the apples and finally mix with the salad dressing. Pile in a salad bowl and sprinkle with cheese, pepper and salt.

CHEESE FILLINGS

1. Grated cheese, chopped pickles to flavour, piquant sauce to bind.
2. Grated cheese, finely-chopped parsley, vegetable extract to flavour.
3. Grated cheese, finely-chopped onion, white sauce to bind.
4. Grated cheese, prepared mustard, vinegar, chopped tarragon.
5. Grated cheese, chopped garden herbs, tomato sauce.

COOKING TIMES— MEAT, FISH, GAME, etc.

ROASTING

BEEF, MUTTON.—Thin joints 15 minutes per lb. and 15 minutes over. Thick joints. 20 minutes per lb. and 20 minutes over.

PORK AND VEAL.—25 to 30 minutes per lb. and 25 to 30 minutes over. Never serve underdone.

CHICKEN.—Average time 1 hour.

DUCK.—Average time $1\frac{1}{2}$ hours.

GOOSE.—Average time 2 hours.

TURKEY.—Up to 14 lb. 15 minutes per lb. and 15 minutes over (Slightly less per lb. if a larger bird.)

PHEASANT.—Average time 45 minutes

FISH.—Bake 6 to 10 minutes per lb. and 6 to 10 minutes over, according to thickness.

BOILING

MUTTON.—20 minutes per lb. and 20 minutes over.

SALT BEEF, PORK, LIC—Start in cold water and boil for 25 minutes per lb. and 25 minutes over.

HAM.—Start in cold water and boil for 20 to 25 minutes per lb. and 20 to 25 minutes over.

FOWL.—Boil or steam 2 to 3 hours, according to age.

FISH.—Boil 6 to 10 minutes per lb. and 6 to 10 minutes over, according to thickness. Steaming. allow approximately twice as long as boiling.

GRILLING

STEAK.—12 to 15 minutes, according to thickness.

CHOP.—8 to 10 minutes.

CUTLET.—6 to 8 minutes.

KIDNEY.—Split in half, and allow 6 to 8 minutes.

FISH.—Grill until flesh comes away easily from the bone.

FISH, MEAT, EGGS AND CHEESE DISHES

TEMPERATURE CHART

OVEN

Slow oven	275° F.—325° F.
Moderate oven	325° F.—375° F.
Moderately hot oven	375° F.—425° F.
Hot oven	425° F.—475° F.
Very hot oven	475° F.—500° F.

HOMELY MEASURES

FLOUR, CORNFLOUR, COCOA, CUSTARD POWDER, ETC.

1 rounded tablespoonful	= 1 oz.
1 level tablespoonful	= $\frac{1}{2}$ oz.
1 rounded teaspoonful	= $\frac{1}{4}$ oz.
1 teacupful	= 3 $\frac{1}{2}$ oz.

SUGAR, RICE, LENTILS, ETC.

1 level tablespoonful	= 1 oz.
1 teacupful	= 6 oz.
1 breakfastcupful	= 8 oz.

BREADCRUMBS.

1 heaped tablespoonful	= $\frac{1}{2}$ oz.
------------------------	-----	-----	-----	---------------------

LIQUIDS

1 teacupful	= 1 gill
1 tumblerful, or 1 breakfastcupful	= $\frac{1}{2}$ pint

FAT

Piece of fat the size of a hen's egg	= 1 oz.
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AMERICAN CUP MEASURES

Flour	1 cup	= 4 $\frac{1}{2}$ oz.
Rice	1 cup	= 8 oz.
Sugar	1 cup	= 7 $\frac{1}{4}$ oz.
Fat	1 cup	= 8 oz.
Breadcrumbs	1 cup	= 2 $\frac{1}{4}$ oz.
Liquids	1 cup	= 1 $\frac{1}{2}$ gills

STANDARD PROPORTIONS FOR ECONOMICAL SAUCES

WHITE SAUCE

Pouring :

$\frac{1}{2}$ pint liquid—white meat,	$\frac{1}{2}$ oz. flour
fish, or vegetable stock,	Up to $\frac{1}{2}$ oz. fat
milk, or water	Salt and pepper

Coating :

$\frac{1}{2}$ pint liquid—white meat, fish	1 oz. flour
or vegetable stock, milk,	Up to $\frac{1}{2}$ oz. fat
or water	Salt and pepper

Method :

Use a little of the liquid to blend the flour. Heat the remainder of the liquid, and when boiling pour in the blended flour, stirring all the time. Continue stirring and cook until the sauce thickens and boils. Add the fat, seasoning and flavouring ingredients (for variations, see below) and re-heat.

ANCHOVY SAUCE

$\frac{1}{2}$ pint white sauce	1 teaspoonful anchovy essence
--------------------------------	-------------------------------

FISH SAUCE

$\frac{1}{2}$ pint white sauce (using fish stock, or milk)	1 teaspoonful vinegar
---	-----------------------

ONION SAUCE

$\frac{1}{2}$ pint white sauce	2 large onions (boiled, drained and chopped)
--------------------------------	--

MUSTARD SAUCE

$\frac{1}{2}$ pint white sauce	1 teaspoonful mustard (made)
--------------------------------	------------------------------

PARSLEY SAUCE

$\frac{1}{2}$ pint white sauce	1 tablespoonful chopped parsley
--------------------------------	---------------------------------

PIQUANT SAUCE (WHITE)

To $\frac{1}{2}$ pint of white sauce add: 1 tablespoonful chopped
1 teaspoonful vinegar pickles, etc. (optional)
1 teaspoonful tarragon vinegar

QUICK CURRY SAUCE

- | | |
|--|-------------------------------|
| $\frac{1}{2}$ pint white stock or milk | 2 tablespoonfuls minced onion |
| 1 oz. flour | Up to $\frac{1}{2}$ oz. fat |
| 1 teaspoonful curry powder | Salt and pepper |

Blend the flour and curry powder with a little of the liquid. Heat remaining liquid, and when boiling pour in the mixture, stirring all the time. Add the minced onion, fat and seasoning. Cover and simmer for five minutes.

BROWN SAUCE

- | | |
|------------------------------------|------------------------------------|
| 2 oz. flour | Slices of carrot, turnip, parsnip, |
| 1 oz. dripping, or other fat | swede, celery, tomato |
| $\frac{1}{2}$ pint vegetable water | Pinch of herbs tied in muslin |
| 1 small onion | Salt and pepper |

Gravy browning

Cut the onion and other vegetables roughly. Melt the dripping in a thick pan and brown the vegetables in it. Add the flour and stir until it is a golden-brown. Take the pan from the heat and add the liquid gradually, stirring vigorously all the time. Bring to the boil and leave the sauce to simmer for 30 minutes. Strain, season and colour.

PIQUANT SAUCE (BROWN)

- | | |
|---------------------------------------|--------------------------|
| To $\frac{1}{2}$ pint of brown sauce, | 1 dessertspoonful tomato |
| add : | purée |
| | 1 teaspoonful vinegar |

TOMATO SAUCE

- | | |
|--------------------------------------|--------------------------|
| $\frac{1}{2}$ lb. tin tomatoes, or | $\frac{1}{2}$ oz. flour |
| $\frac{1}{2}$ lb. fresh tomatoes and | 2 tablespoonfuls vinegar |
| $\frac{1}{2}$ pint water, or stock, | |
| $\frac{1}{2}$ teaspoonful salt | <i>Bouquet Garni :</i> |
| 1 onion, sliced | 1 bay leaf |
| $\frac{1}{2}$ oz. bacon scraps | Sprig of thyme |
| $\frac{1}{2}$ oz. margarine | 4 peppercorns |

If fresh tomatoes are used, stew them in the water, or stock, for 10 minutes. Melt the margarine in a saucepan and put in the bacon and onion and fry for 10 minutes. Add the tomatoes, vinegar, seasoning and bouquet garni. Simmer 10 minutes and rub through a hair sieve. Return to the pan and re-heat. Blend the flour with a little cold water, stir into the sauce until boiling and thickened.

MOCK FRENCH DRESSING

Garlic, or onion (if liked) Pepper, salt and mustard to
1 tablespoonful top-of-milk taste
1 tablespoonful vinegar

Chop the garlic or onion finely on a plate, and press well. Blend the juice with the vinegar and milk. Mix well and season to taste.

ECONOMICAL MAYONNAISE

1 oz. margarine 1 teaspoonful sugar (optional)
1 oz. flour Pepper and salt
½ pint milk 2 tablespoonfuls vinegar
1 teaspoonful made mustard 1 dried egg (reconstituted)

Melt the margarine in a saucepan, stir in the flour, and when thoroughly mixed add the milk gradually. Boil for three minutes, stirring all the time. Add seasoning to taste. Add the reconstituted dried egg to the mixture and mix quickly. Cook without boiling for one minute, then add vinegar.

TARTARE SAUCE

½ pint mayonnaise (see above)
1 or 2 tablespoonfuls chopped gherkins or pickled cucumber
1 or 2 tablespoonfuls capers or pickled nasturtium seeds

HOLLANDAISE SAUCE

2 tablespoonfuls water, or fish stock 1 dessertspoonful lemon juice substitute
1 dried egg (reconstituted) 2 oz. margarine
1 dessertspoonful tarragon Salt and cayenne
vinegar

Put the water, or stock, egg and vinegar in a basin and stand it in a pan of hot water. Whisk over a fire until the mixture thickens, taking care not to let it boil, otherwise it will curdle. Draw the pan away from the heat and add the margarine in small pieces, stirring very well. Season to taste and add the lemon juice substitute.

BATTERS

THIN BATTER

Suitable for Yorkshire Pudding and Steamed Batter Pudding

4 oz. flour 1 teaspoonful baking powder
½ teaspoonful salt 1 reconstituted egg
½ pint milk, or milk and water

THICK BATTER

Suitable for coating fish or meat

- | | |
|--|---|
| 4 oz. flour | $\frac{1}{2}$ teaspoonful baking powder |
| $\frac{1}{2}$ teaspoonful salt | 1 reconstituted egg |
| $\frac{1}{2}$ pint milk, or milk and water | |

Mix the flour, baking powder and salt. Make a well in the centre and pour in the egg. Gradually stir in the flour from the side and add $\frac{1}{2}$ pint of liquid, a little at a time. Beat for 3 to 5 minutes. For a thin batter stir in the remaining $\frac{1}{2}$ pint of liquid. Use immediately as required

EGGLESS COATING BATTER

(FOR USE WITH BREADCRUMBS)

- | | |
|--------------------------------|---|
| 4 oz. flour | $\frac{1}{2}$ pint water, or milk and water |
| $\frac{1}{2}$ teaspoonful salt | |

Mix the flour and salt, and stir in the liquid gradually. Beat until smooth and use instead of egg for coating foods with breadcrumbs

ECONOMICAL PASTRIES

SHORTCRUST PASTRY

- | | |
|---|----------------|
| 8 oz. flour | 2 to 3 oz. fat |
| $\frac{1}{2}$ teaspoonful salt | Cold water |
| $\frac{1}{2}$ teaspoonful baking powder | |

Sift the flour, salt and baking powder together. Rub in the fat with the finger-tips until the mixture resembles fine breadcrumbs. Mix to a firm dough with cold water. Roll out and use as required

POTATO PASTRY

- | | |
|---|-------------------------|
| 4 oz. flour | 4 oz. dry mashed potato |
| $\frac{1}{2}$ teaspoonful salt | 2 oz. cooking fat, or |
| $\frac{1}{2}$ teaspoonful baking powder | margarine |

Sift the flour, salt and baking powder and rub in the fat until the mixture resembles fine breadcrumbs. Lightly rub in the mashed potato and mix to a smooth, dry dough without using extra water. Roll out and use as required.

The success of this pastry depends on no extra liquid being added. Dry, mealy potatoes are the best kind to use.

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